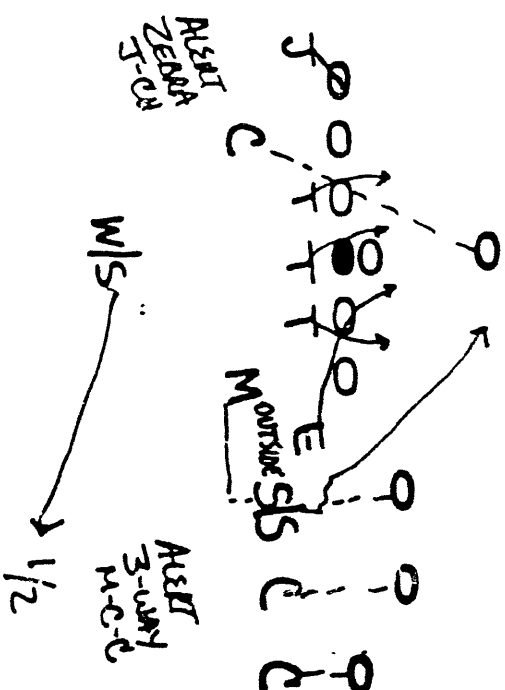


ARIZONA CARDINALS DEFENSE

Do not write, mark, or draw in your playbook. These playbooks will be taken up and re-issued again.

You may not have this particular book again, therefore, we do not want your marks in it. You will be given material to write on.

Use the playbook as a study guide and as a reference to the notes you make.



#17 (11)
THE READ

#3 IN
the READ

ALERT

EXCHANGE

AUDIT
Push

 $\frac{3}{5}$

AUSPI
ECHANGE

WHITE UNDER

WD = PAY IT
 2M = 134 BUE (~~SIDE~~)

AFC: OVER READ

FORMATION: WHITE UNDER

BTF: Over will be

WHITE UNDER

$$\begin{aligned} WD &= \sqrt{34} \\ 2M &= \text{PLAY IT} \end{aligned}$$

WHITE UNDER

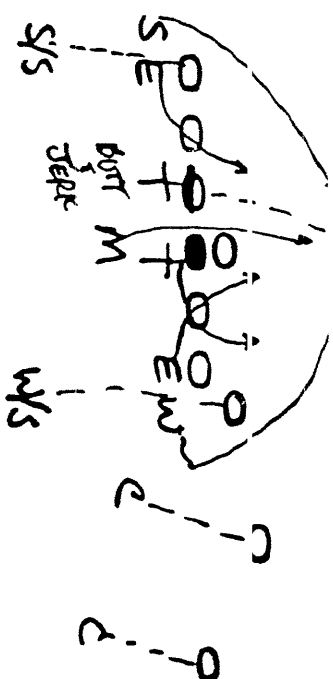
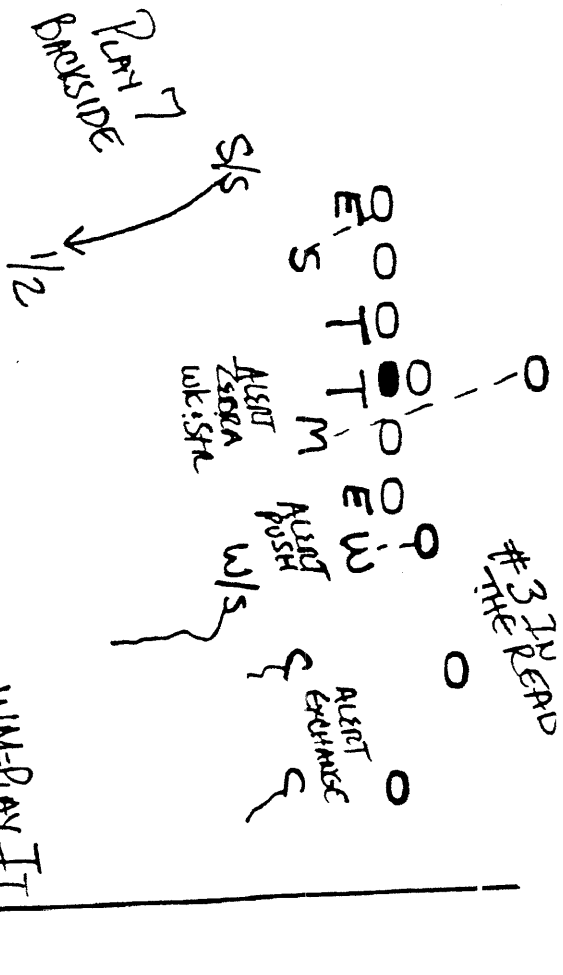
46 RTF: 1,111 / 67

Diagram illustrating a sequence of events and transitions:

- Top left: "0" with a dashed line pointing to "C".
- Below "C": "THOMAS" (underlined) with a line pointing to "C".
- Below "C": "0 0 0 0 0 0 0 0" (a row of eight zeros).
- Below the zeros: "T T T T T T T T" (a row of eight Ts).
- Below the Ts: "M" (a single letter).
- Below "M": "E" (a single letter).
- Bottom left: "W/S" with a line pointing to "1/2".
- Bottom right: "sk" (a single letter) with a line pointing to "C".
- Below "sk": "ALERT" (a single word) with a line pointing to "C".
- Below "ALERT": "EXCHANGE" (a single word) with a line pointing to "C".
- Below "EXCHANGE": "TERR" (a single word) with a line pointing to "C".

A hand-drawn diagram of a neuron. The central part is the cell body (soma) containing a nucleus. Dendrites are shown on the left, and an axon is on the right. Labels include 'OUTSIDE' and 'INSIDE' with arrows indicating the direction of flow. There are also labels 'M' and 'E' near the axon. The diagram is drawn with simple lines and includes some handwritten notes.

[illegible]

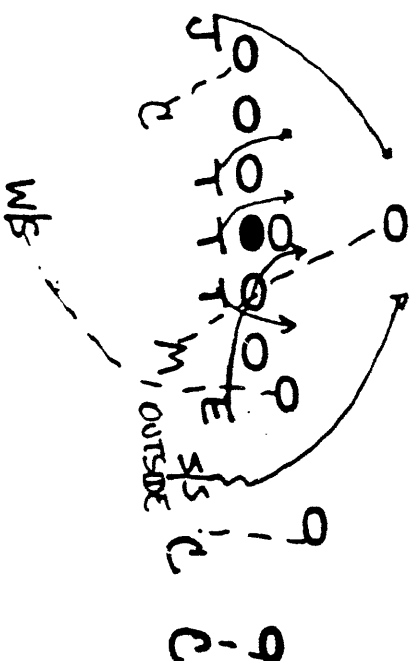
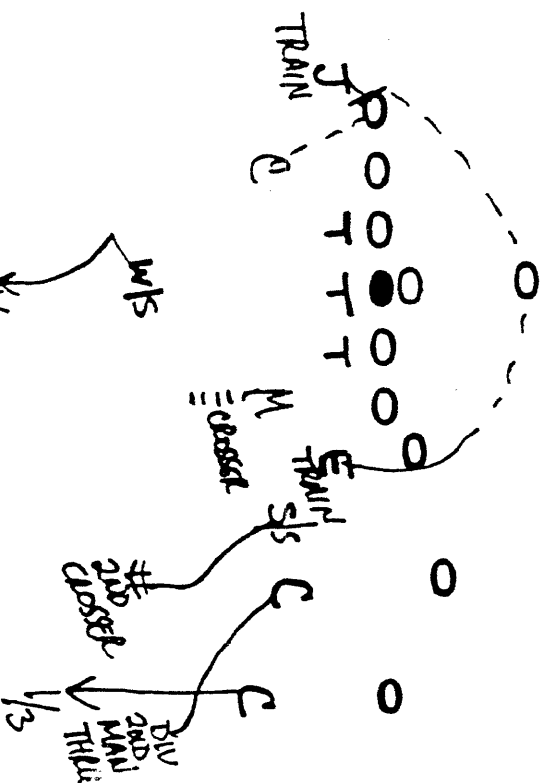


FORMATION: JAYHAWK FLOP 2-OFF

AFC: OVER READ

FORMATION: JAYHAWK FLOP 2-OFF

BTF: OVERSIDE SCHOOLYARD

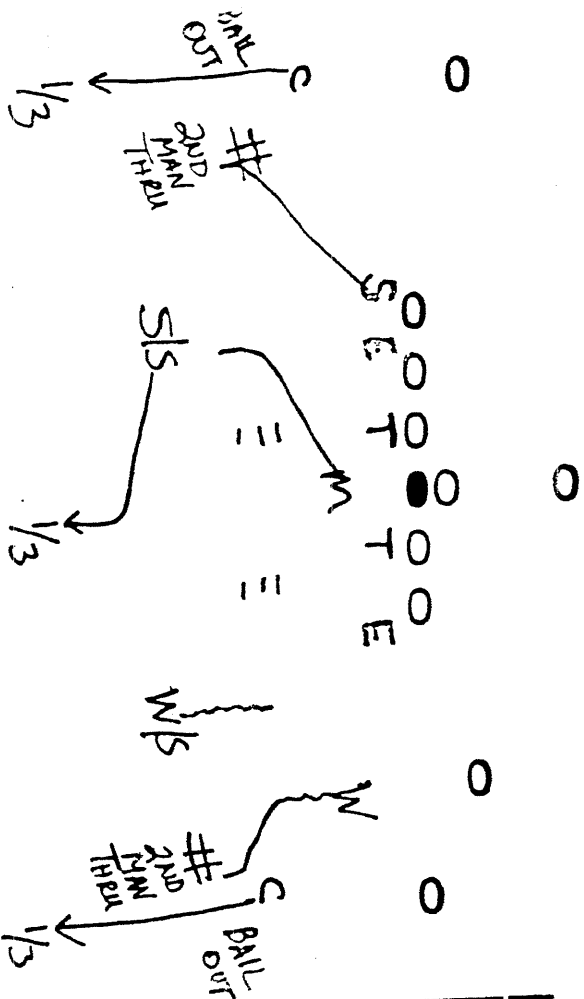


FORMATION: JAYHAWK FLOP 2-OFF

FORMATION: JAYHAWK FLOP 2-OFF

46 NOV.

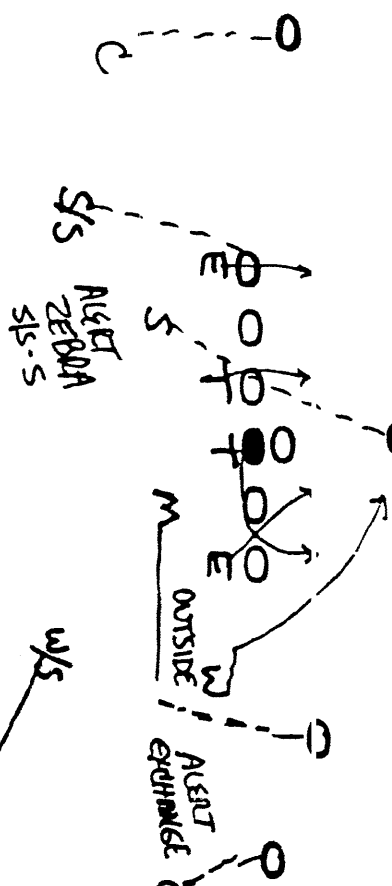
46 BTF: WICE OUTSIDE



FORMATION: WHITE

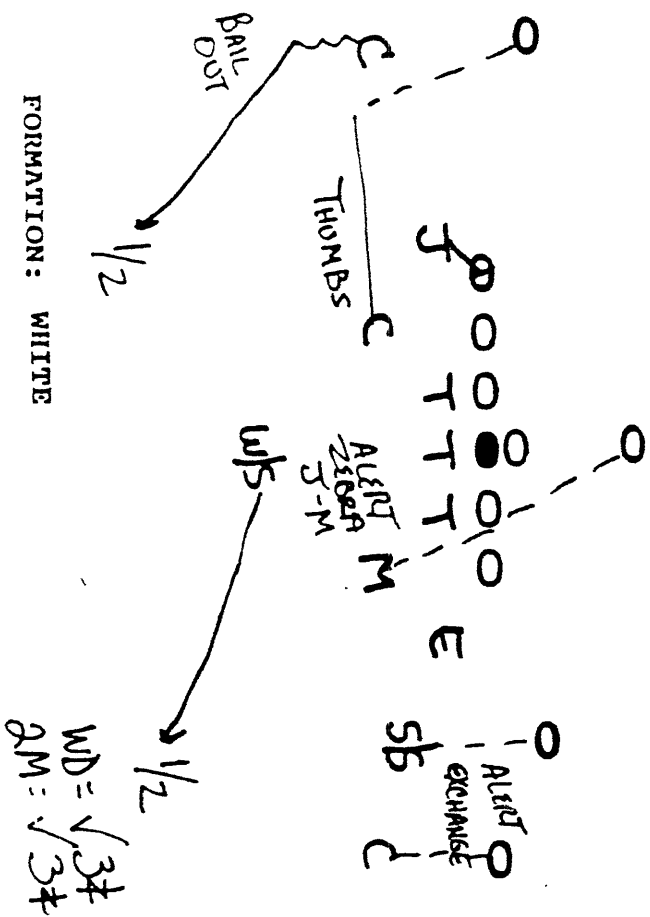
AFC: 17 42 Blue

WD=✓ READ
QM=SUDE 34 Blue



FORMATION: WHITE

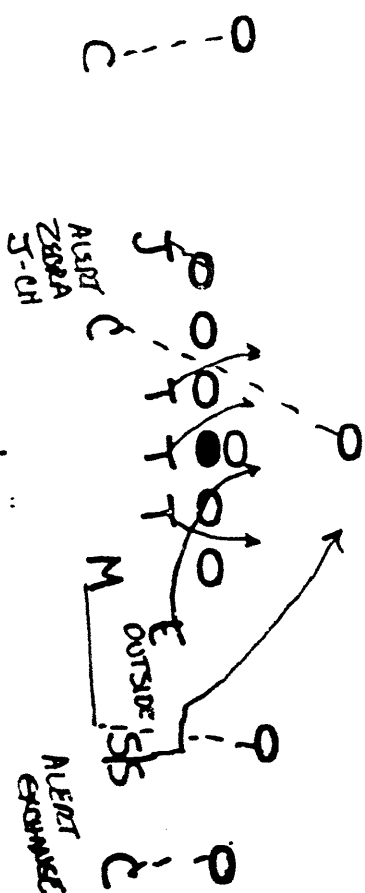
BTF: Over Will 62



FORMATION: WHITE

AG COV. 1-

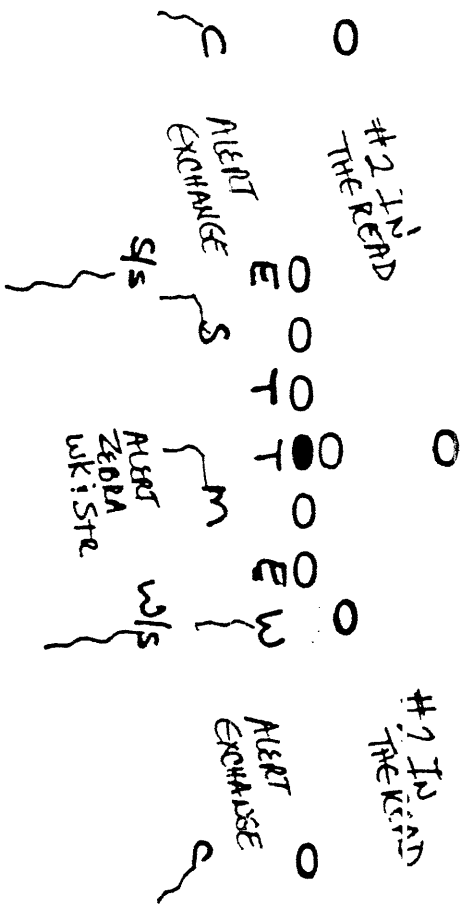
WD=✓ 34
QM=✓ 34



FORMATION: WHITE

46 BTF: (N) 141, 62

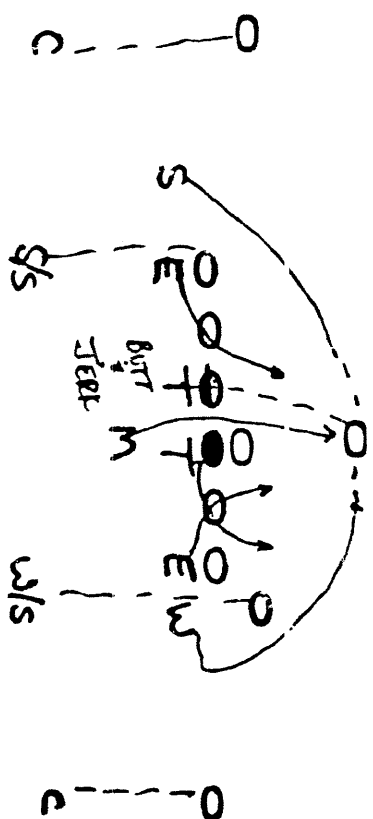
WD=✓ 34
QM=✓ 34



FORMATION: JAYHAWK 2-0FF

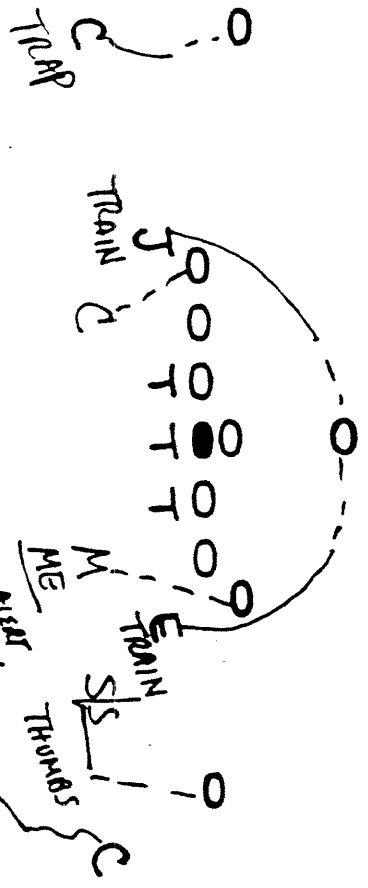
AFC: OVER READ

W/D = RUN IT
2M = SUDE RUN IT



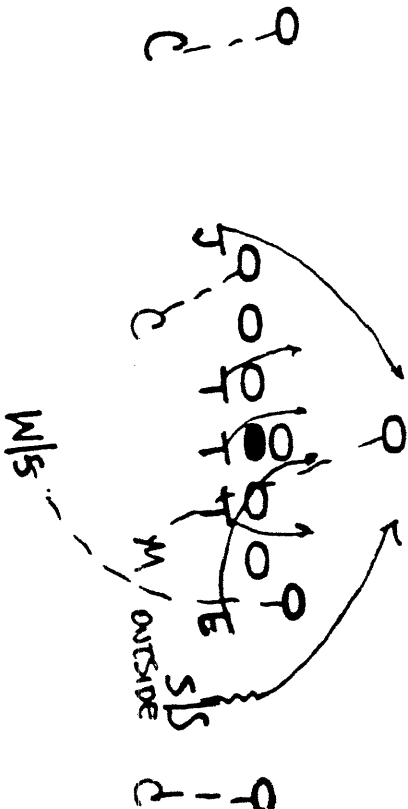
FORMATION: JAYHAWK 2-0FF

BTP: OVERSIDE SCHOOLYARD



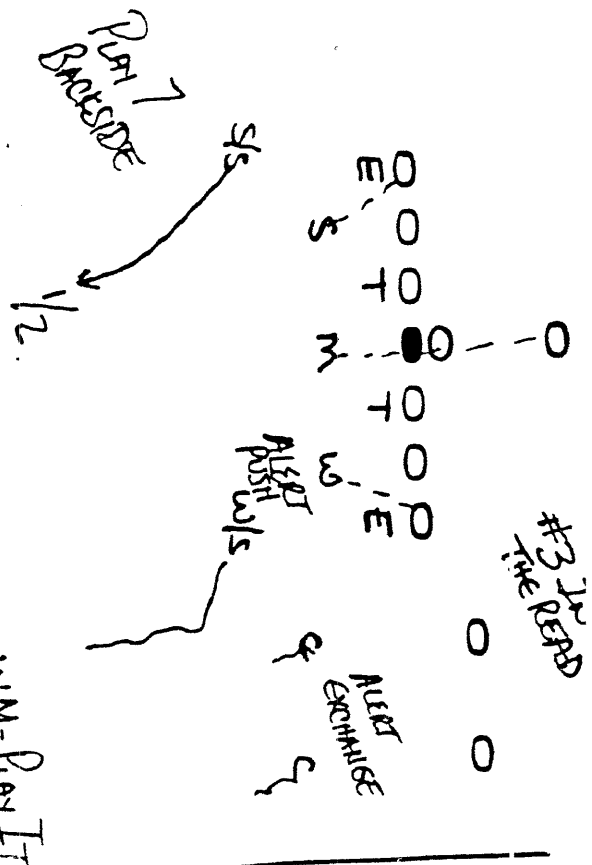
FORMATION: JAYHAWK 2-0FF

W/D = V 3+
2M = SUDE BACK
PLAY IT



FORMATION: JAYHAWK 2-0FF

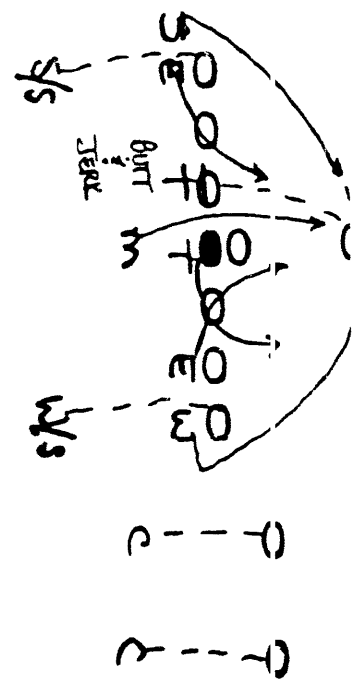
A.C. COVER



FORMATION: JAYHAWK FLOP

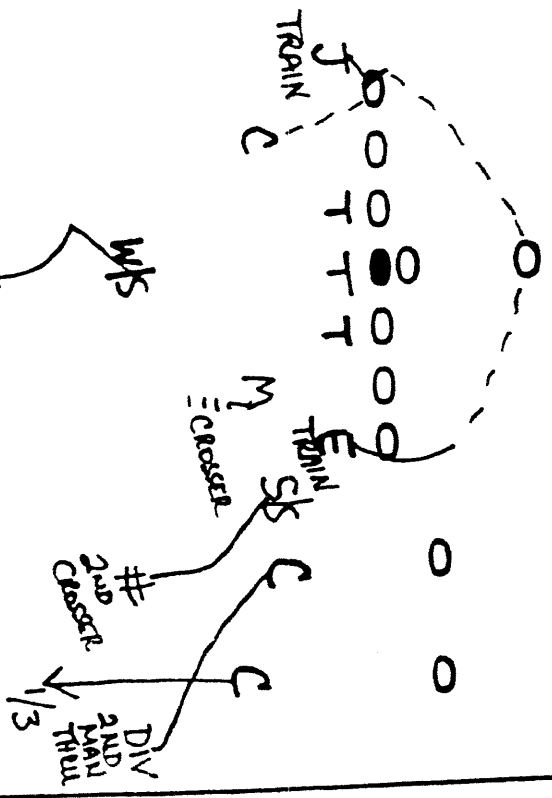
AFC: SWIM READ

WM: PART I



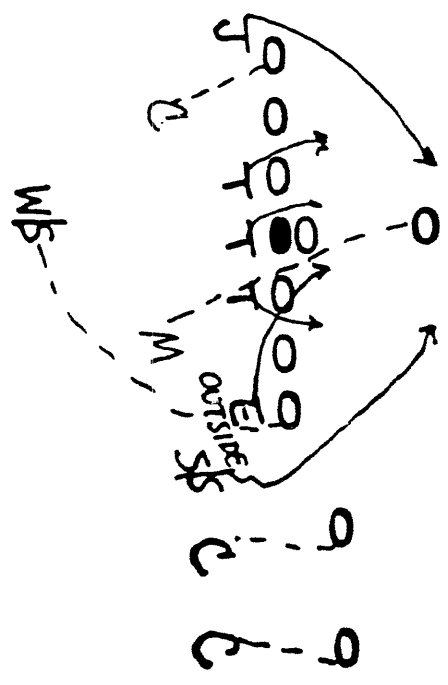
FORMATION: JAYHAWK FLOP

BTF: OUBASIDE SCHOOLYARD



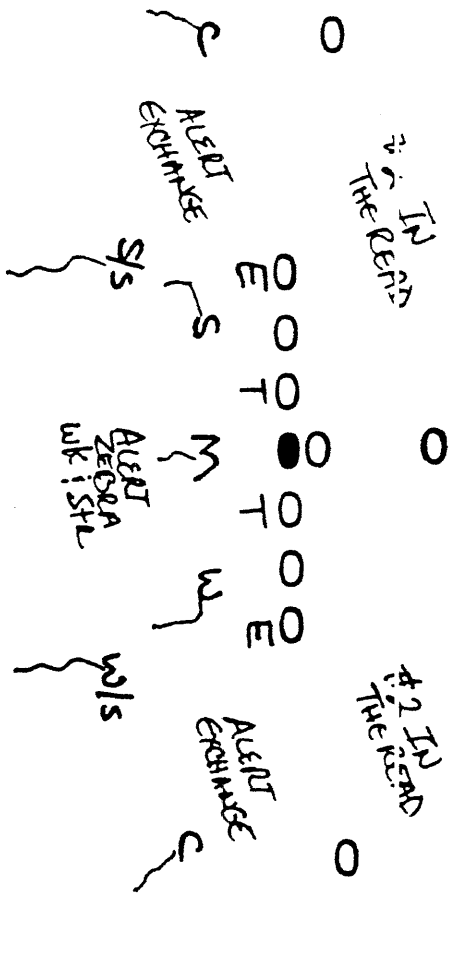
FORMATION: JAYHAWK FLOP

WM: 1/2



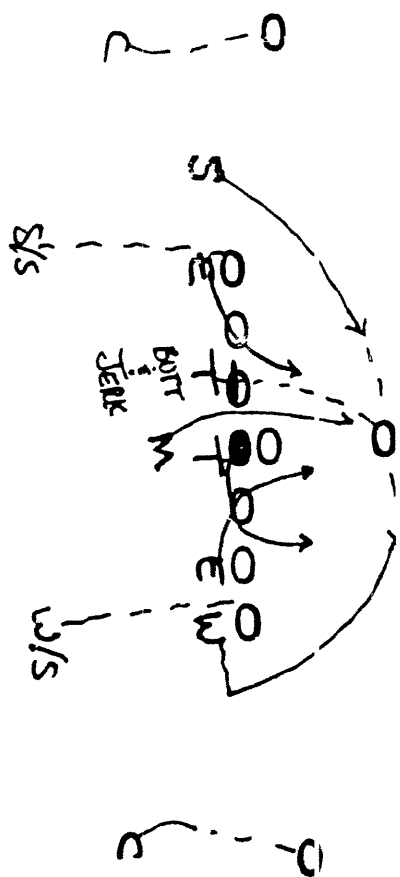
FORMATION: JAYHAWK FLOP

46 BTF: 1A/11, 1A/12, 1A/13



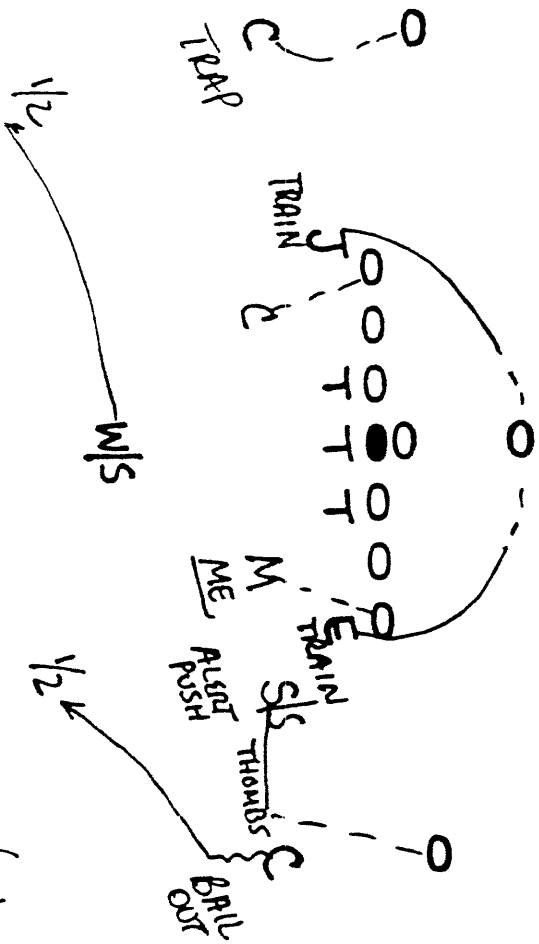
FORMATION: JAYHAWK

AFC: SWIM READ

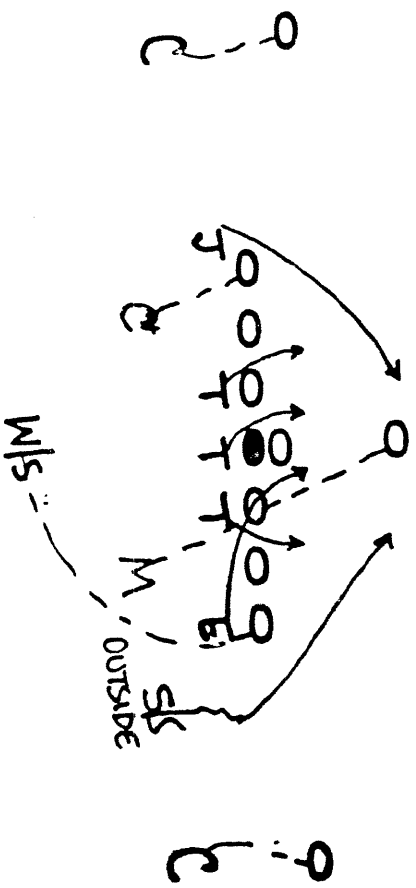


FORMATION: JAYHAWK

BTF: OVERTSIDE SCHOOLYARD

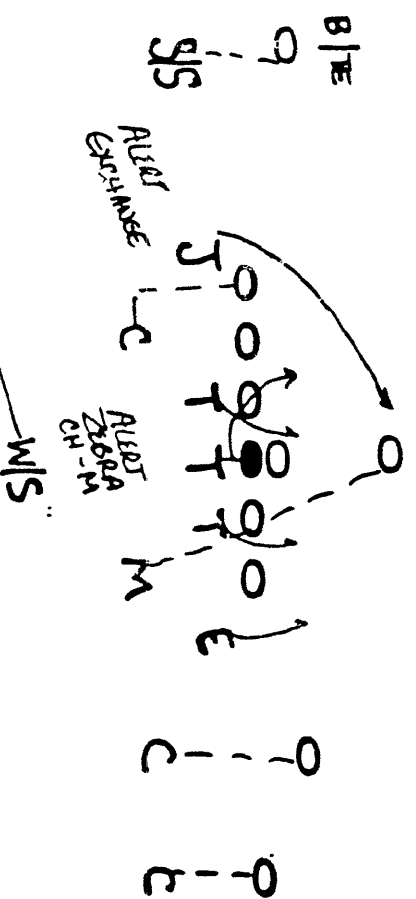
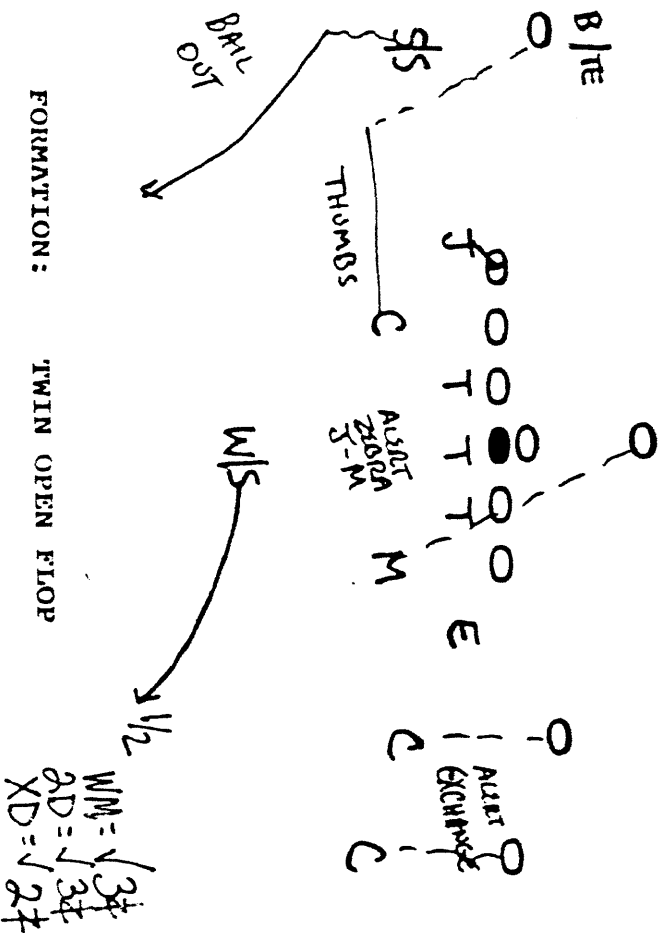
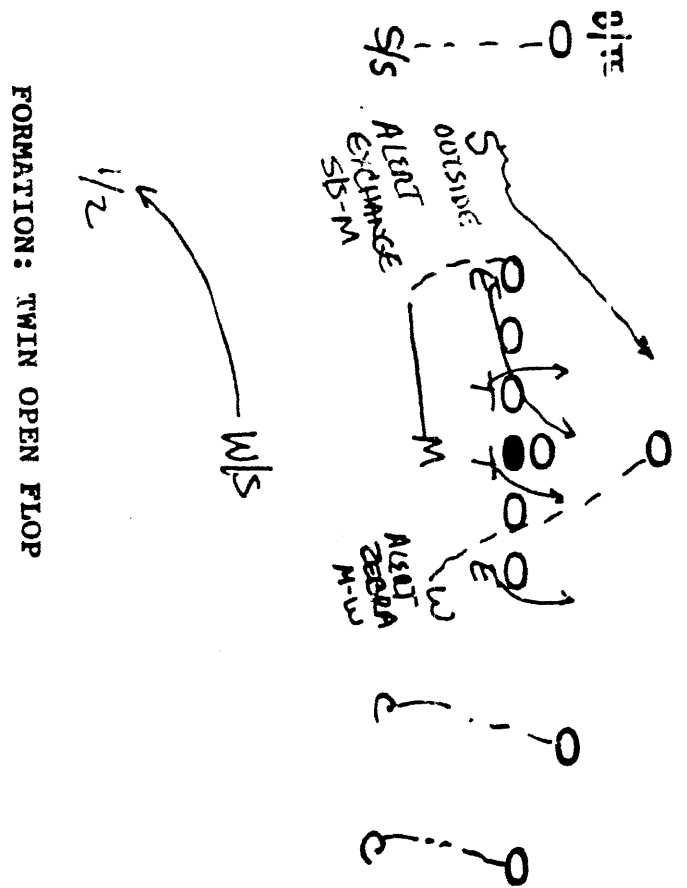
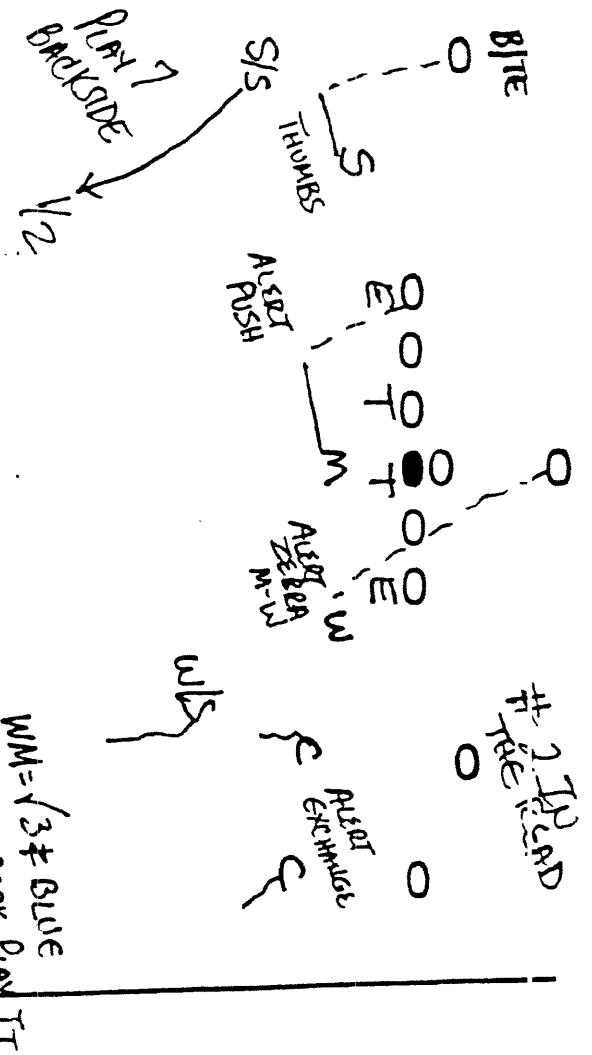


FORMATION: JAYHAWK

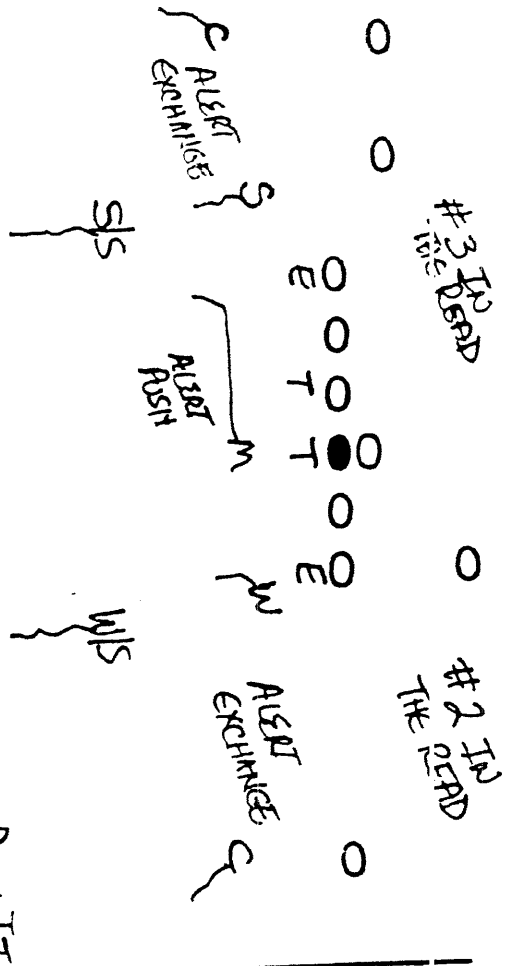


FORMATION: JAYHAWK

46 BTF. . .



46 BTF: C. 1A1T



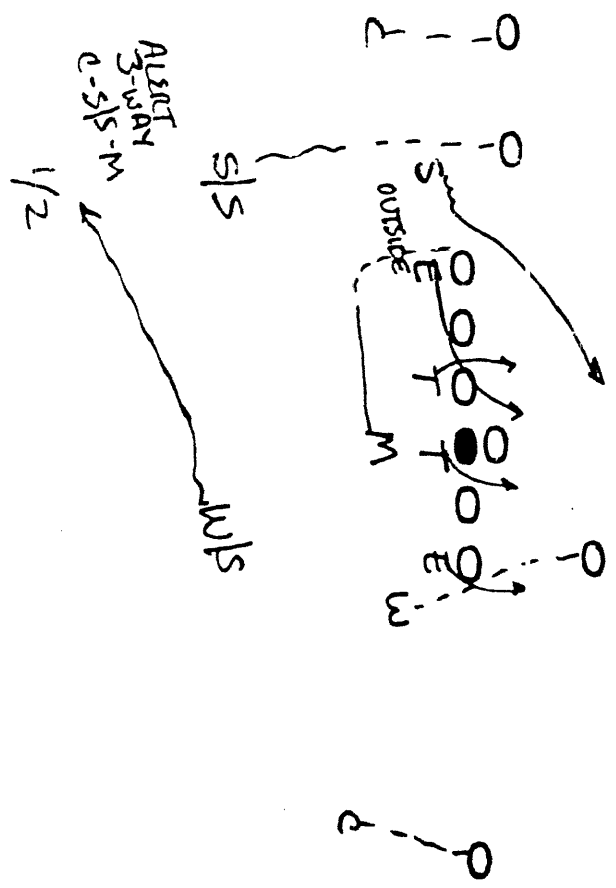
FORMATION: TWIN OPEN UNDER

WD = PLAY IT

2D = SIDE BACK PLAY IT

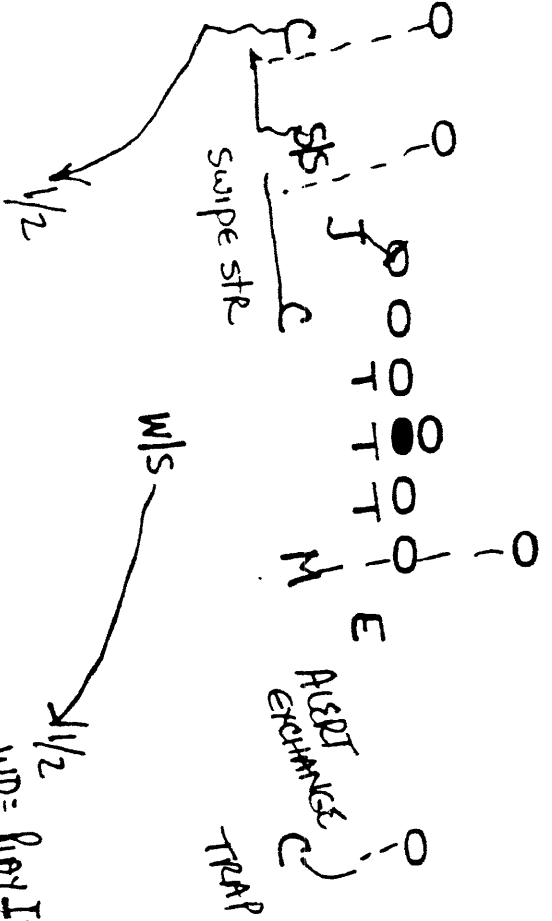
XD = PLAY IT

AFC: Overslide Read



FORMATION: TWIN OPEN UNDER

BTf: Overslide Giant



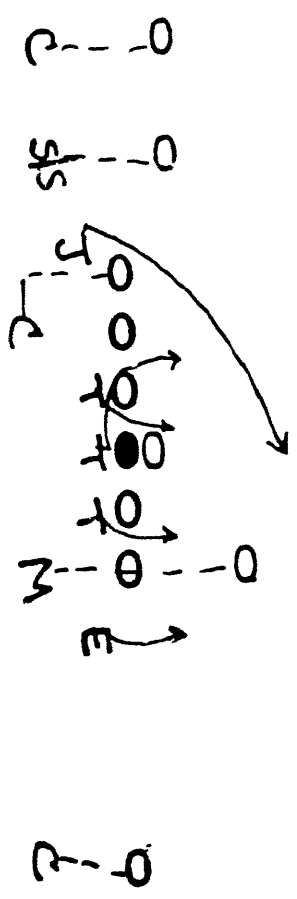
FORMATION: TWIN OPEN UNDER

WD = PLAY IT

2D = PLAY IT

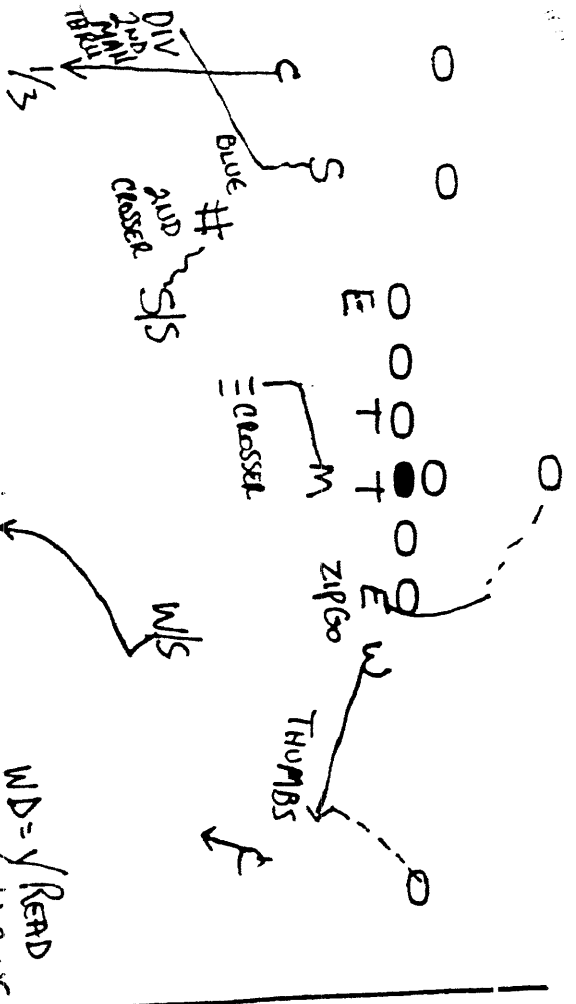
XD = PLAY IT

AG COV.



FORMATION: TWIN OPEN UNDER

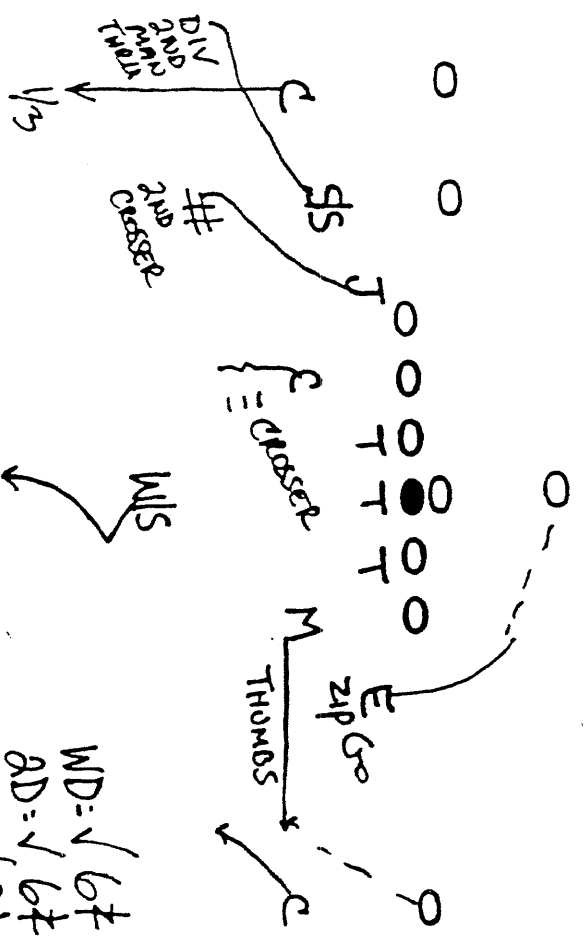
46 BTf: PLAY IT



FORMATION: TWIN OPEN

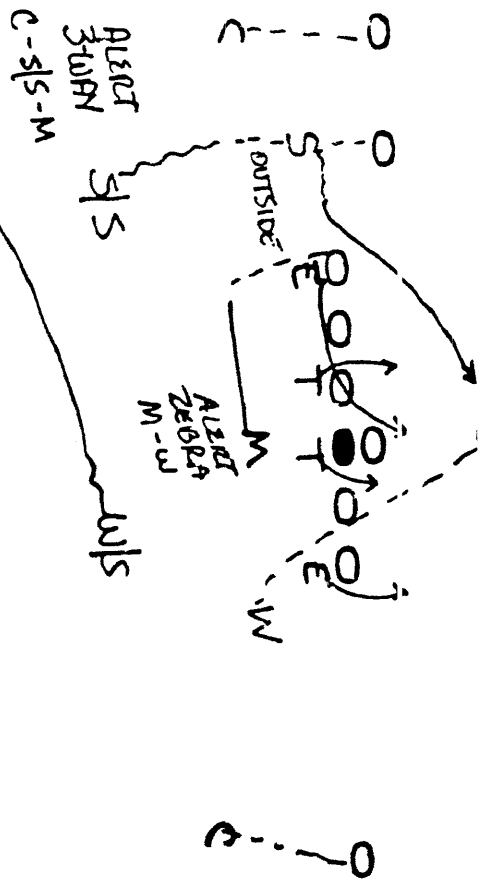
AFC: OVERTAKE 32 BLUE

WD = $\sqrt{16}$ REAR
 AD = $\sqrt{4}$ BLUE
 XD = $\sqrt{4}$ BLUE



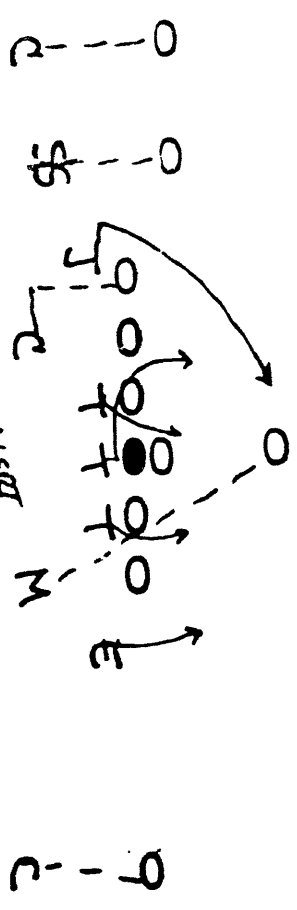
FORMATION: TWIN OPEN

WD = $\sqrt{16}$
 AD = $\sqrt{16}$
 XD = $\sqrt{16}$
 (CHIEF RUND
 MIKE SLIDES BACK)



FORMATION: TWIN OPEN

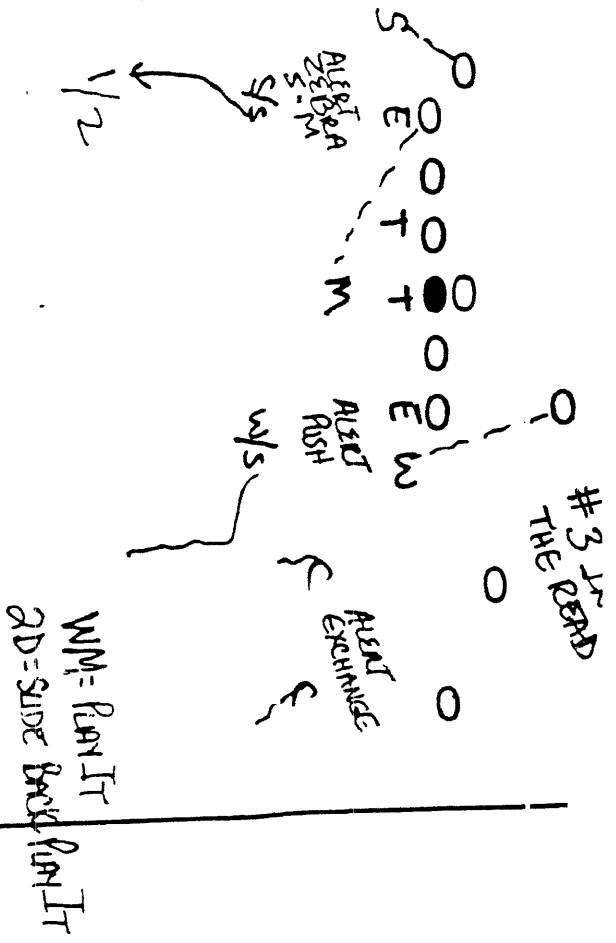
BTF: OVERTAKE GRANT



FORMATION: TWIN OPEN

46 BTF: (GRANT)

PLAY 1
BACKSIDE



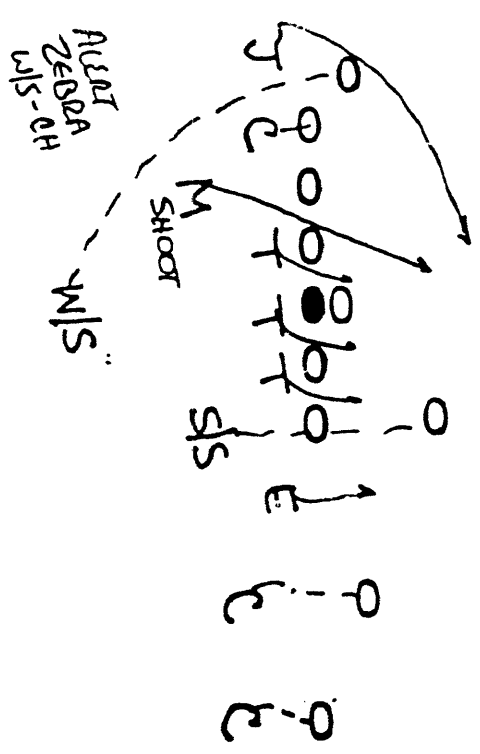
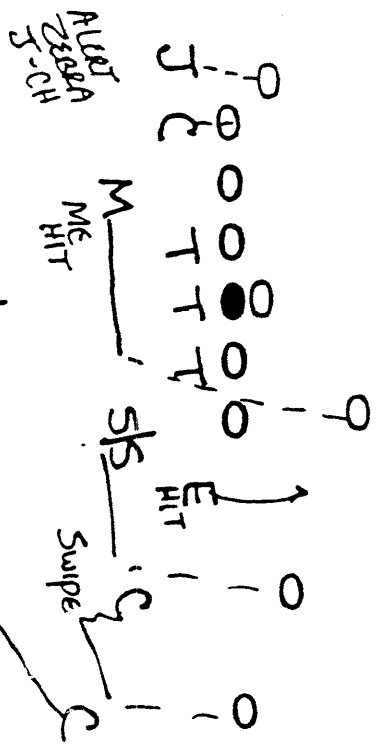
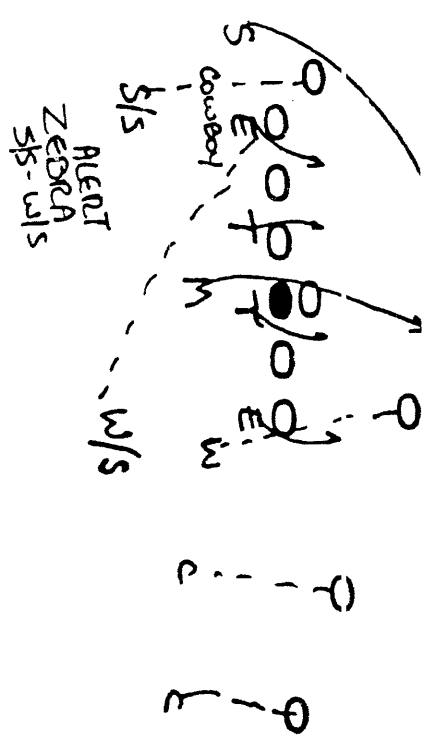
FORMATION:

TWIN FLOP UNDER

AFC: OVERSLIDE REAR

FORMATION: TWIN FLOP UNDER

BTF: OVERSLIDE SCAM



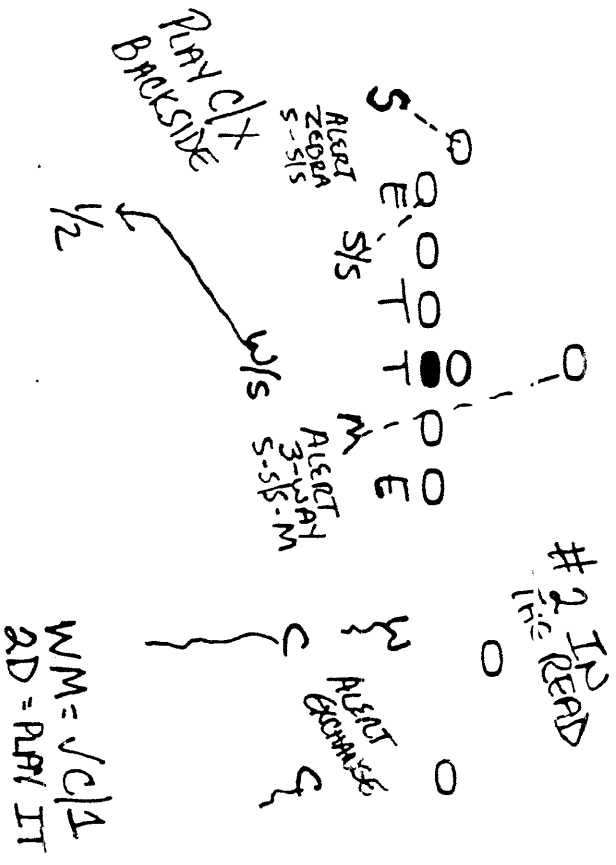
FORMATION:

TWIN FLOP UNDER

QD = 3 1/2 (JAWHAWK)

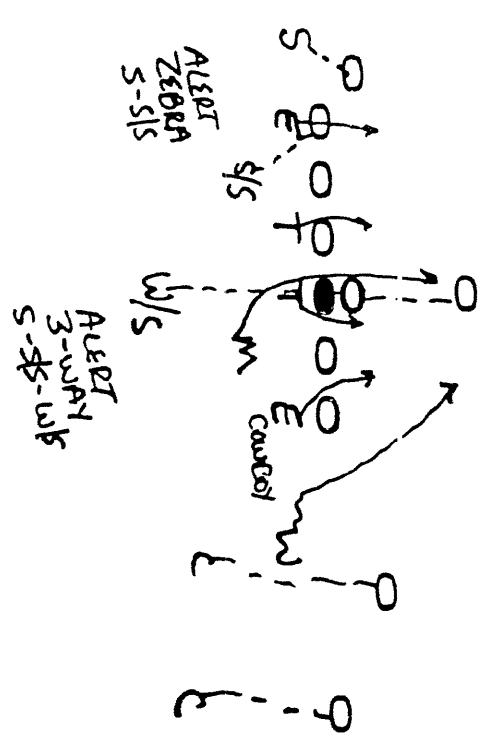
FORMATION: TWIN FLOP UNDER

46 BTF: MIKE CHANT



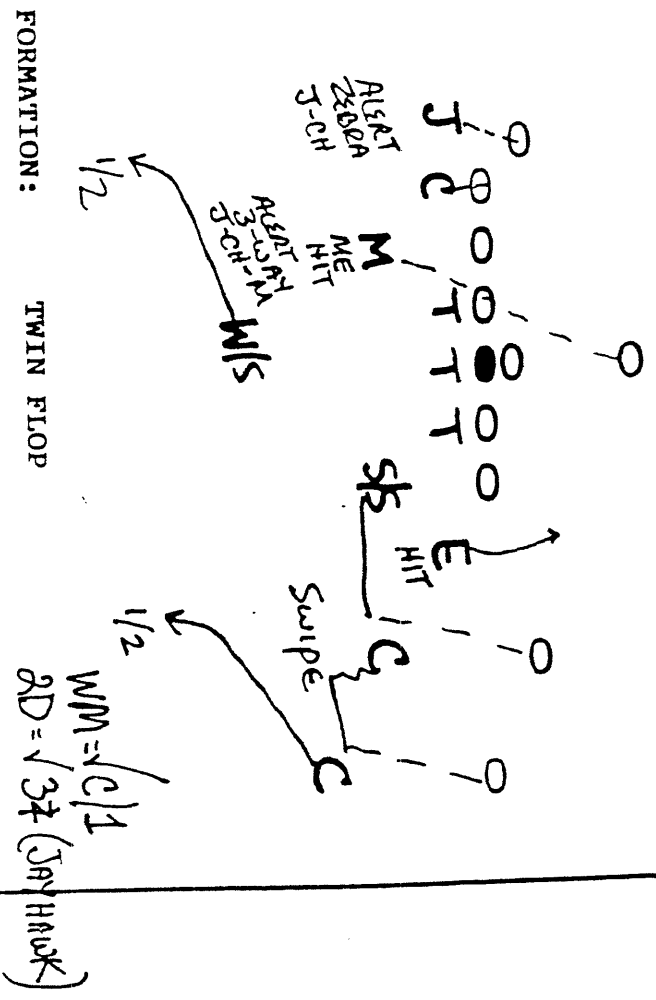
FORMATION: TWIN FLOP

AFC: OVER(10) READ



FORMATION: TWIN FLOP

BTF: OVER(10) WHAM

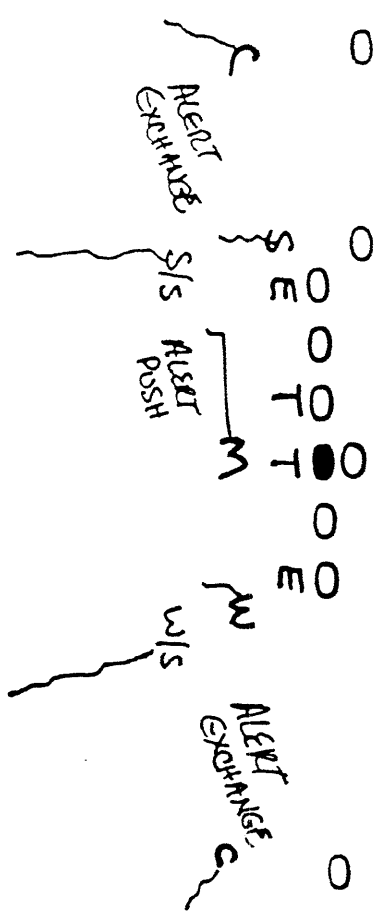


FORMATION: TWIN FLOP

FORMATION: TWIN FLOP

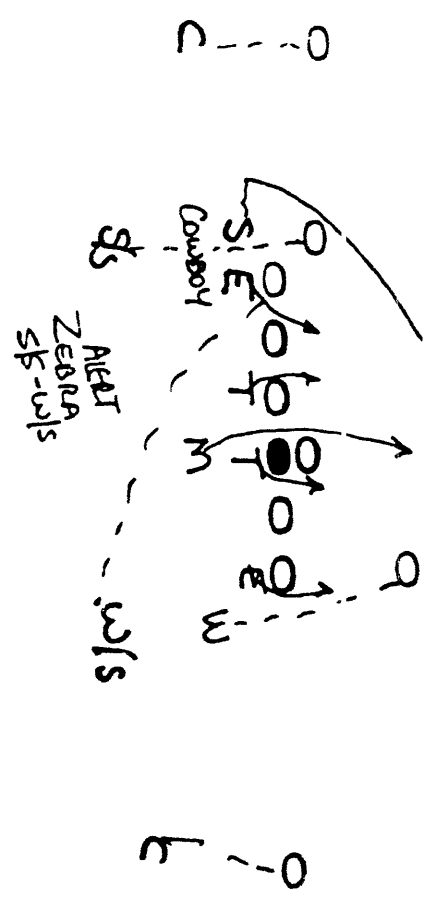
AC temp.

#3 JEPD
TWO
#2 JEPD

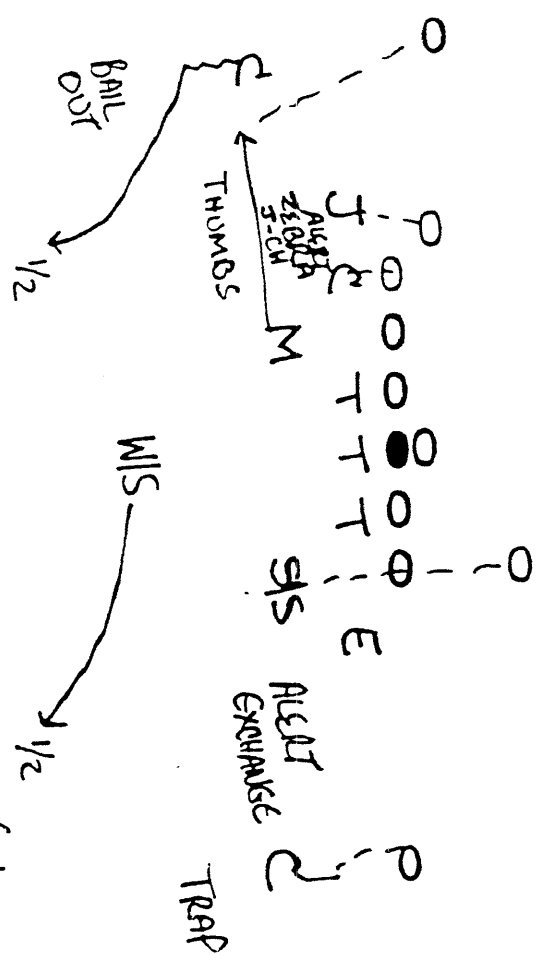


WD = PLAY IT
AD = SLIDE BACK PLAY IT

FORMATION: TWIN UNDER
AFC: OVERSLIDE READ

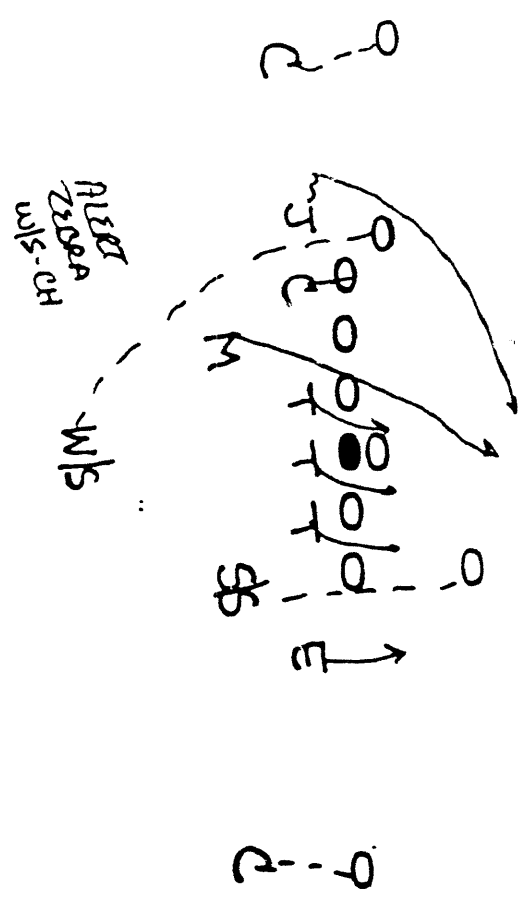


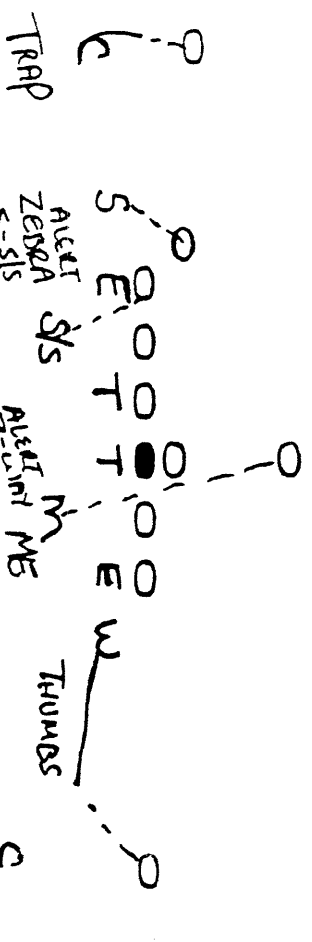
FORMATION: TWIN UNDER
BTF: OVERSLIDE SCAM



FORMATION: TWIN UNDER
WD = $\sqrt{c/x}$
AD = PLAY IT (JANNAWK)
(AUGUST, THUNDER)

FORMATION: TWIN UNDER
46 BTF: MIKE SHUNT

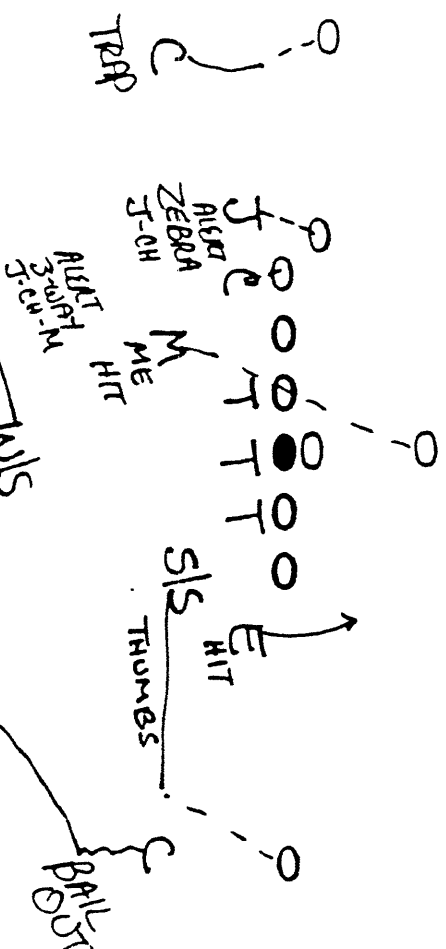




FORMATION: TWIN

AFC: OVER(10) combo 1

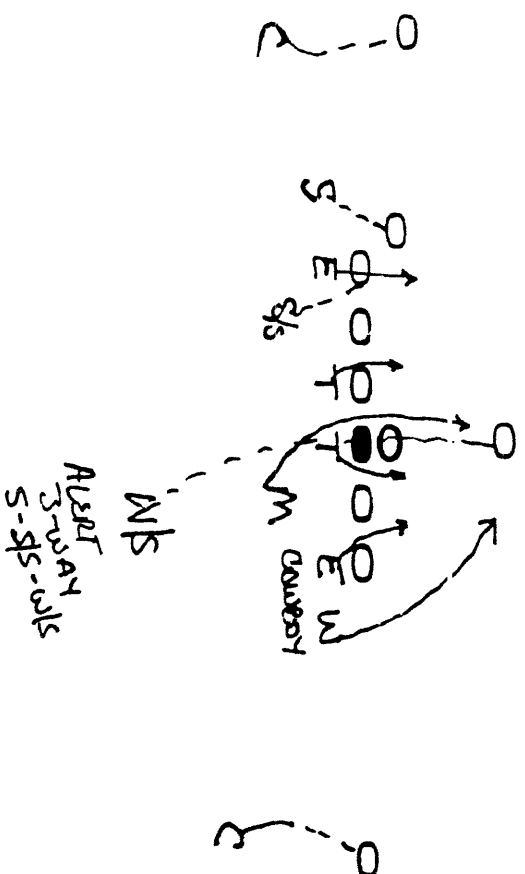
WD = $\sqrt{R_{\text{EAB}}}$
AD = RAY IT



FORMATION: TWIN

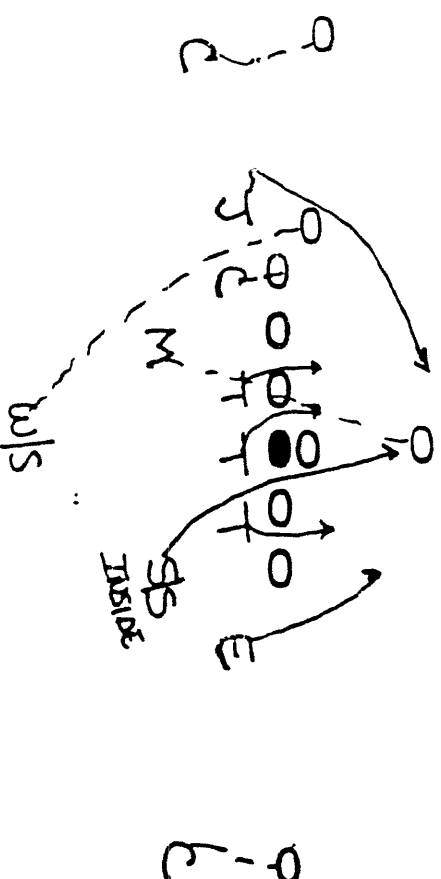
WD = $\sqrt{c/X}$
AD = RAY IT (JANNAK)

46 COV. . .



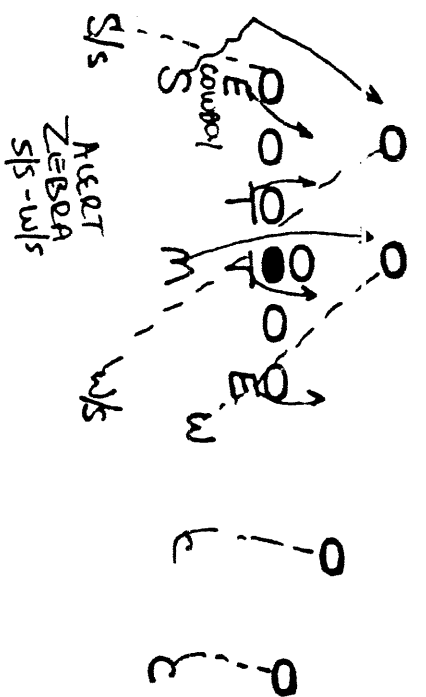
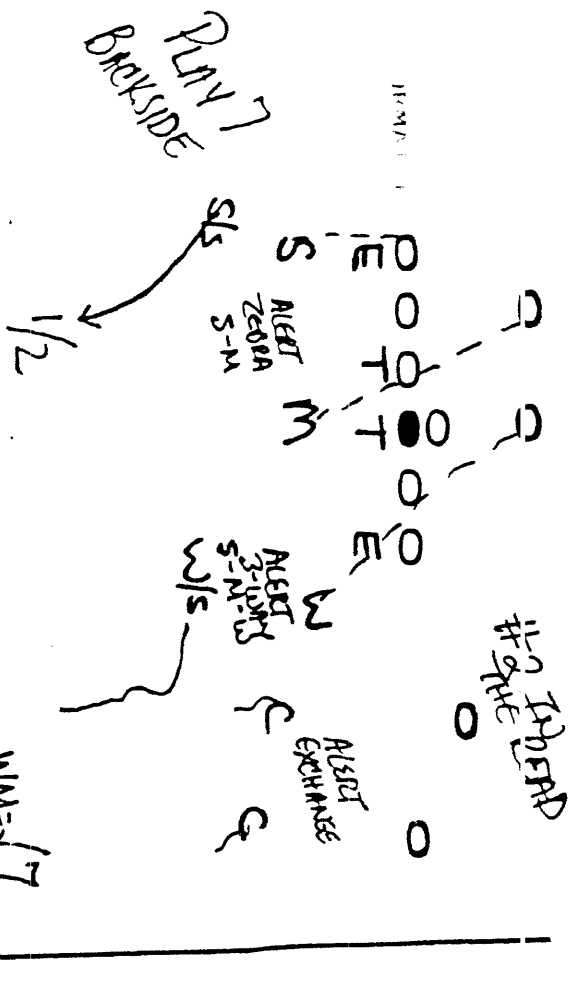
FORMATION: TWIN

BTF: OVER(10) WCHAN



FORMATION: TWIN

46 COV. . .

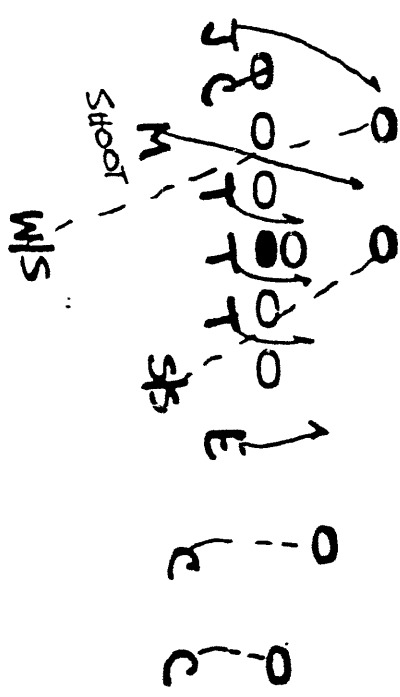
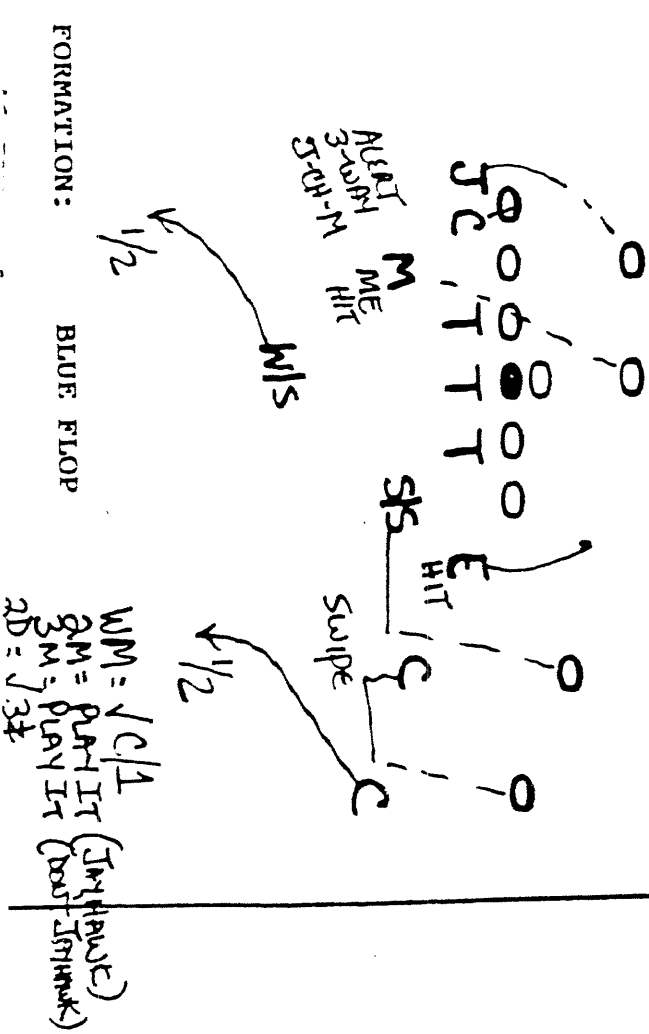


FORMATION: BLUE FLOP

AFC: OVER SAM STACK REAB

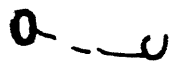
FORMATION: BLUE FLOP

BTF: OVER SAM STACK SCAM



FORMATION: BLUE FLOP

AC DMG.

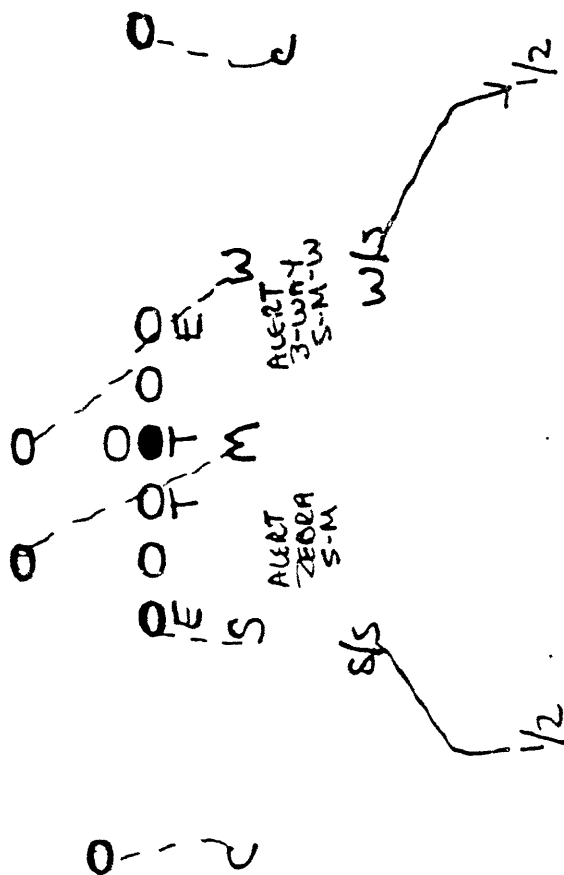


FORMATION: BLUE

BTF: OVER SAM STACK SLAM

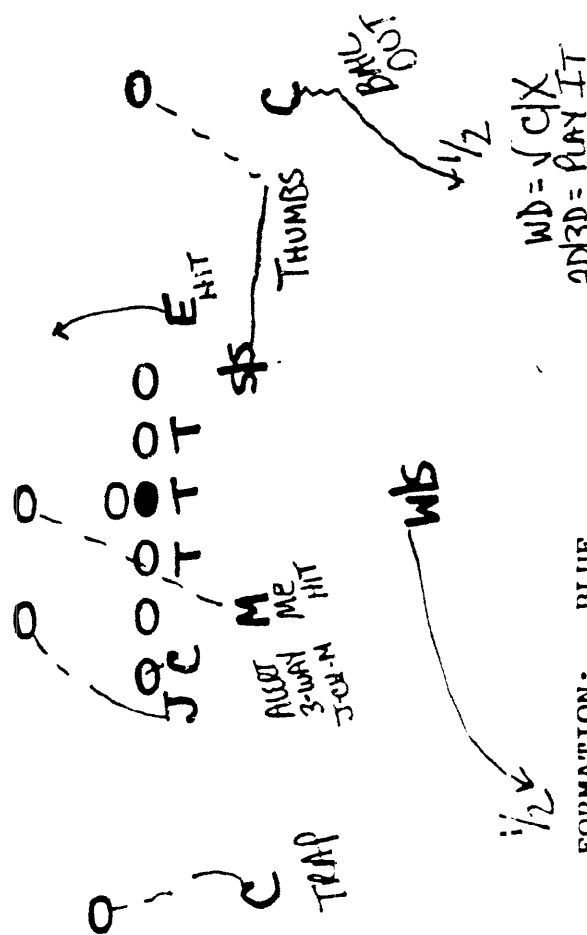


FORMATION: DRIE



FORMATION: BLUE

AFC: OVER SAM STACK 7

$$\begin{aligned} W_B &= \sqrt{READ} \\ 2D/3D &= PUA \cdot Y \cdot IT \\ 2M/3M &= SUDE \cdot PUA \end{aligned}$$


FORMATION • RELIEF

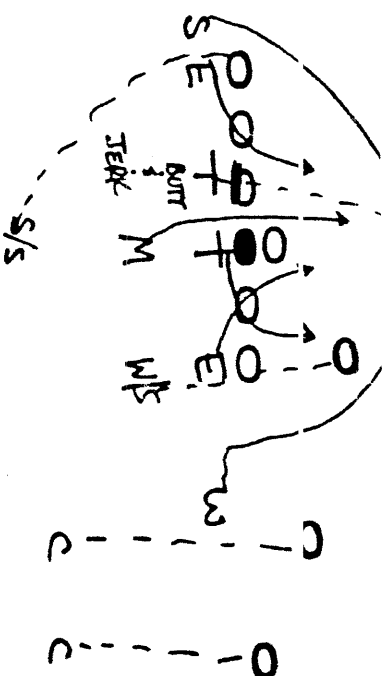
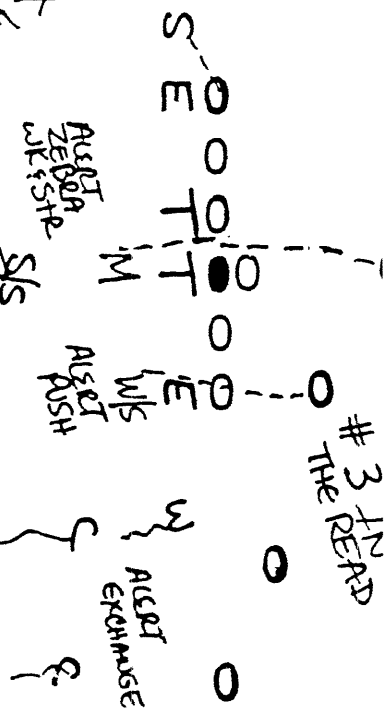
$$WB = \sqrt{C/X}$$

$$WD/3D = \text{PLAY IT}$$

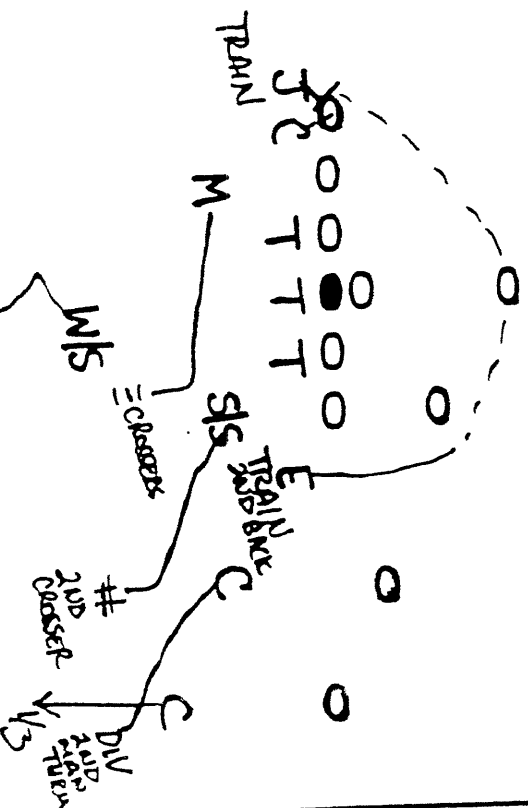
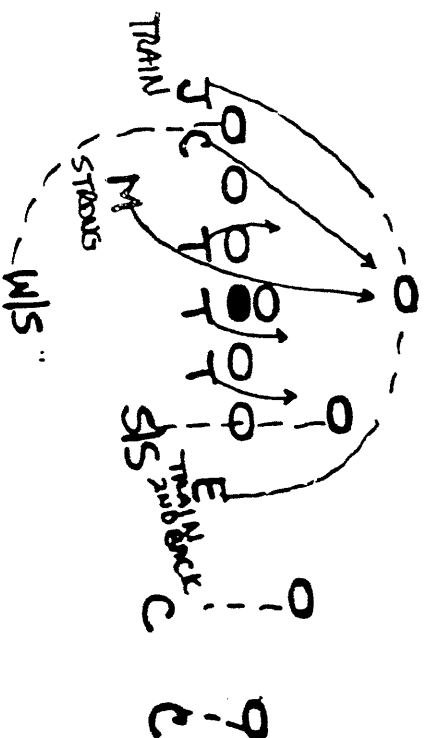
PLAY CLK
BRKSIDE

FORMATION: I UNDER FLOP
AFC: OVER (4) READ

WM = $\sqrt{24}$
2M/3M = PLAY IT
2D/3D = PLAY IT



FORMATION: I UNDER FLOP
BTF: OVER (4) SCHOOLYARD



FORMATION:

I UNDER FLOP

46 COV:

2-2

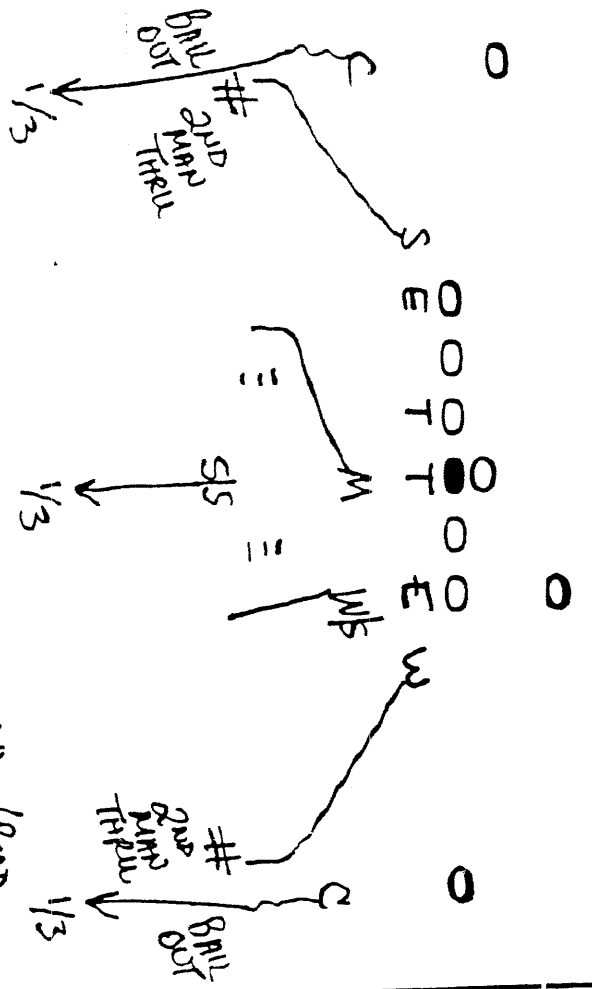
WM = $\sqrt{7}$
2M = $\sqrt{C/X}$ (JAYHAWK)
3M = $\sqrt{C/X}$ (DON'T JAYHAWK)
7M/3D = PLAY IT

FORMATION:

I UNDER FLOP

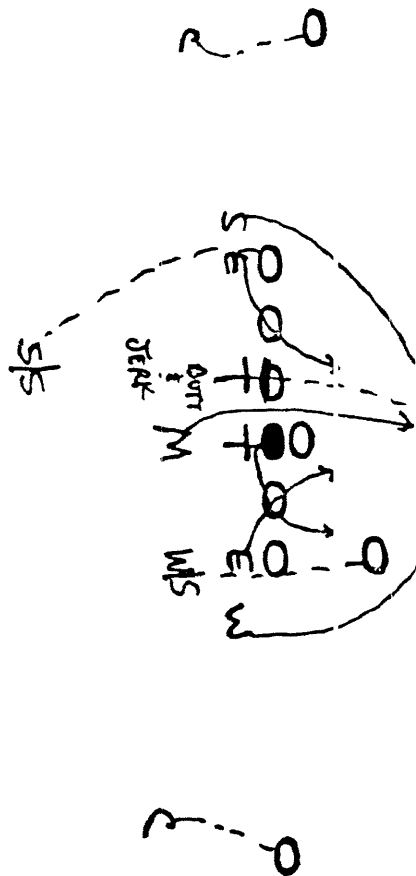
46 BTF:

59 STROUS



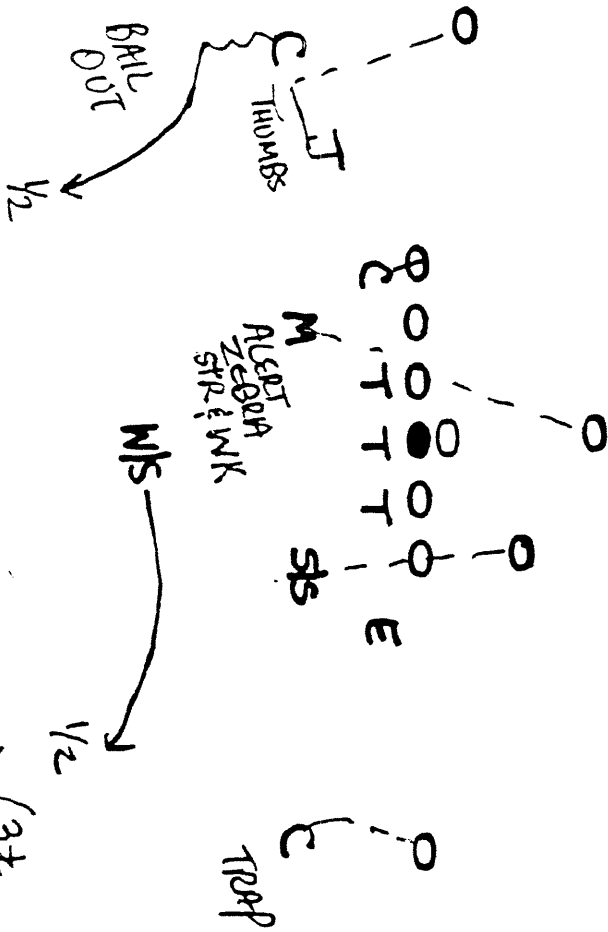
FORMATION: I UNDER

AFC: OVER(4) 2Z
 WD = $\sqrt{\text{READ}}$
 2D/3D = $\sqrt{\text{PLAY IT}}$
 2M/3M = $\sqrt{34}$



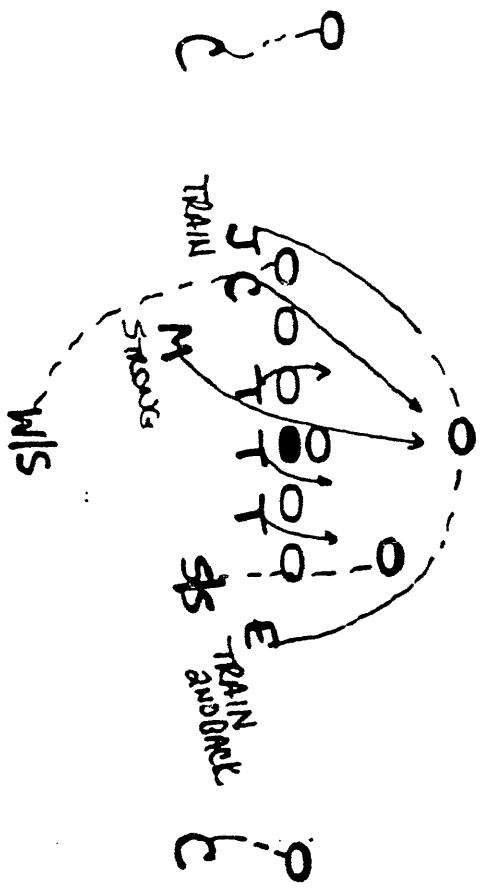
FORMATION: I UNDER

BTF: OVER(4) SCHOOLYARD



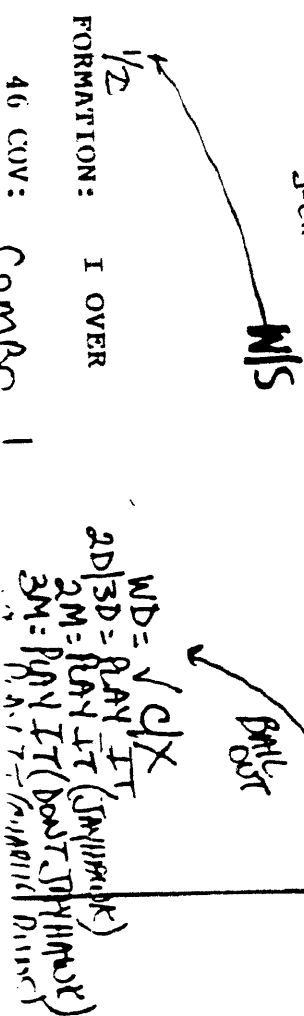
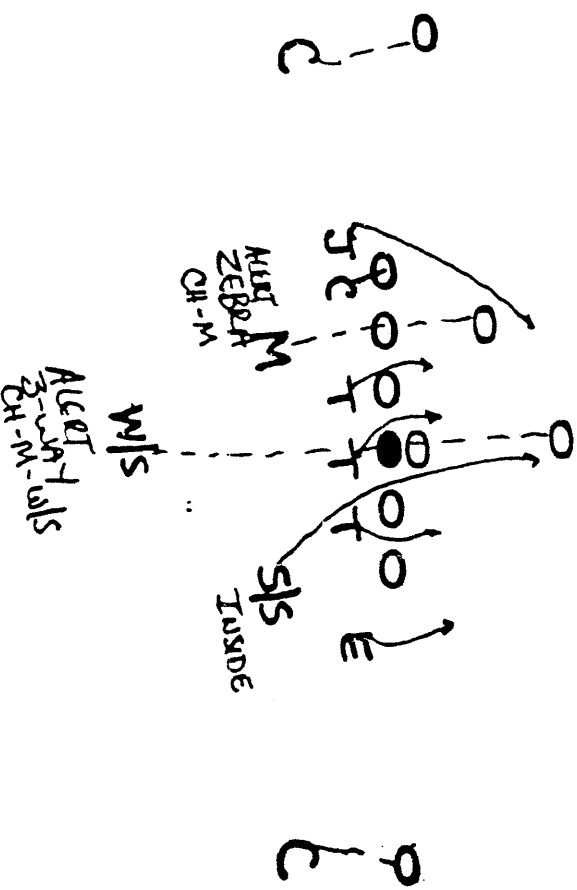
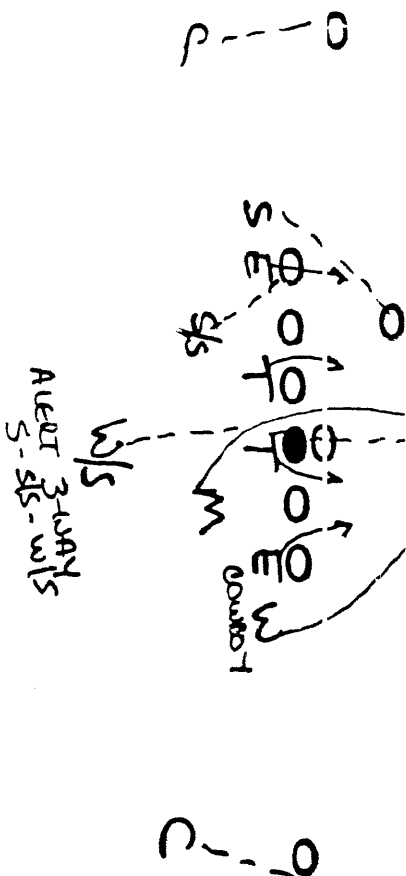
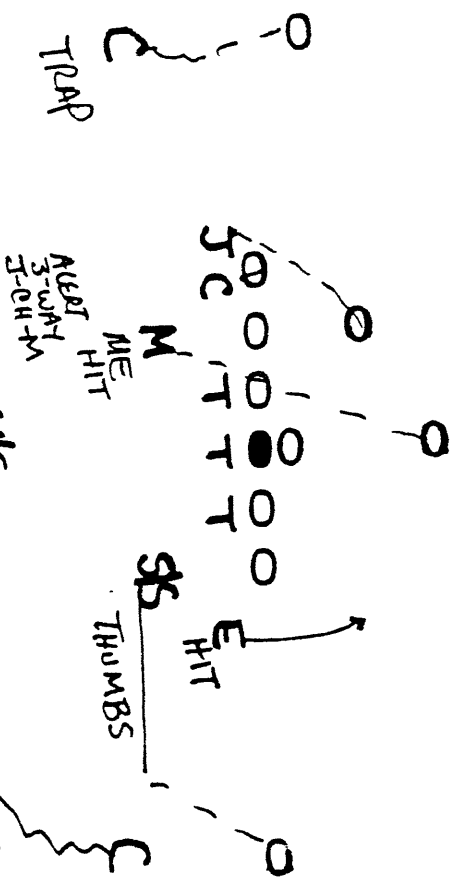
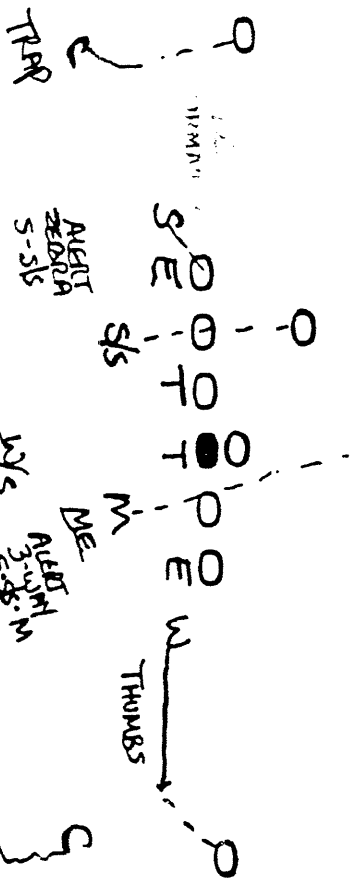
FORMATION: I UNDER

46 COV: 7

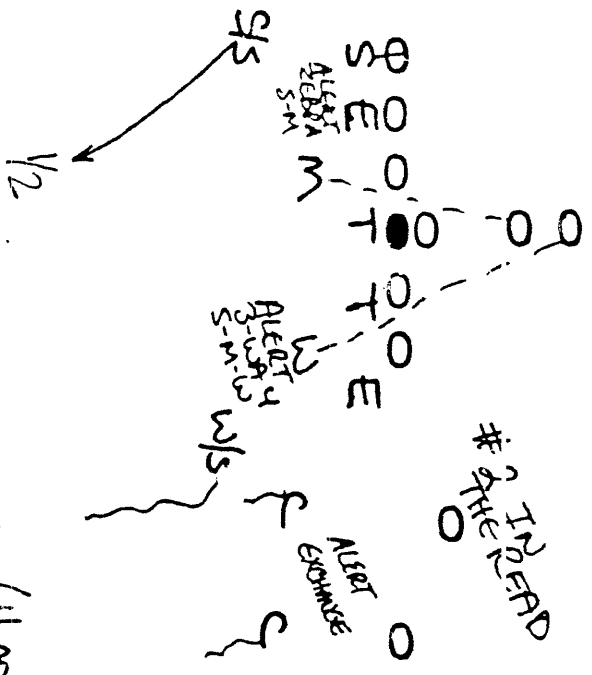


FORMATION: I UNDER

46 PTF: 60 CTN



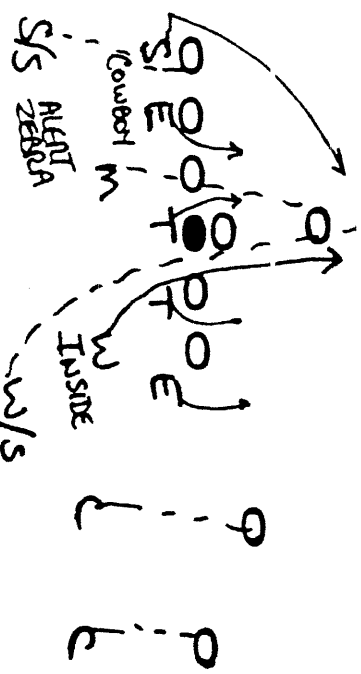
PLAY 7
BACKSIDE



FORMATION: I FLOP

AFC: UNDER READ

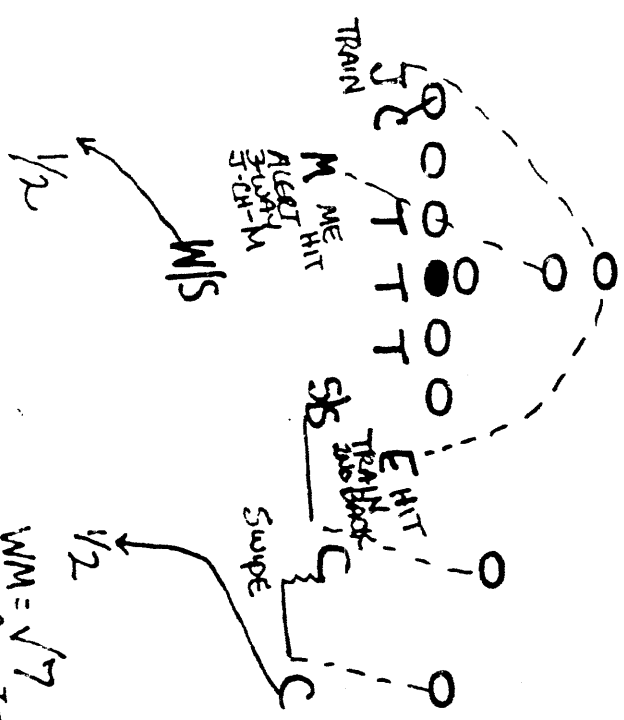
WM = $\sqrt{4}$ CORA
 2M/3M = SLIDE PLAY IT
 2D/3D = PLAY IT



FORMATION: I FLOP

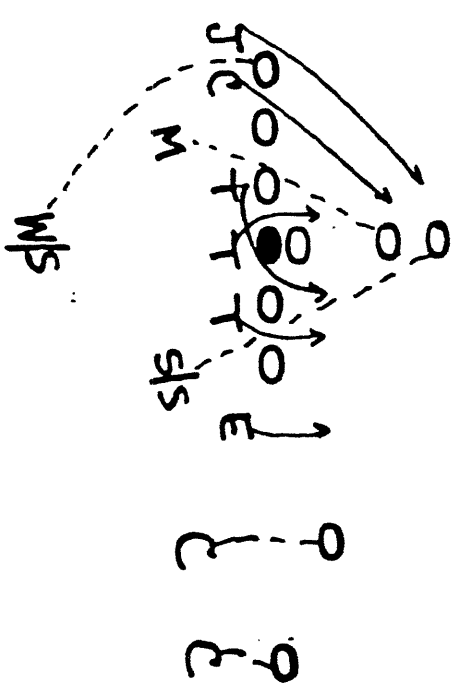
BTF: UNDER 40

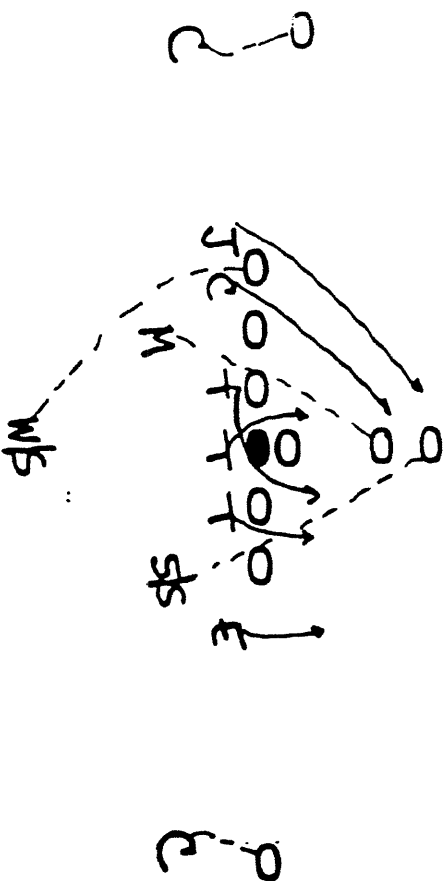
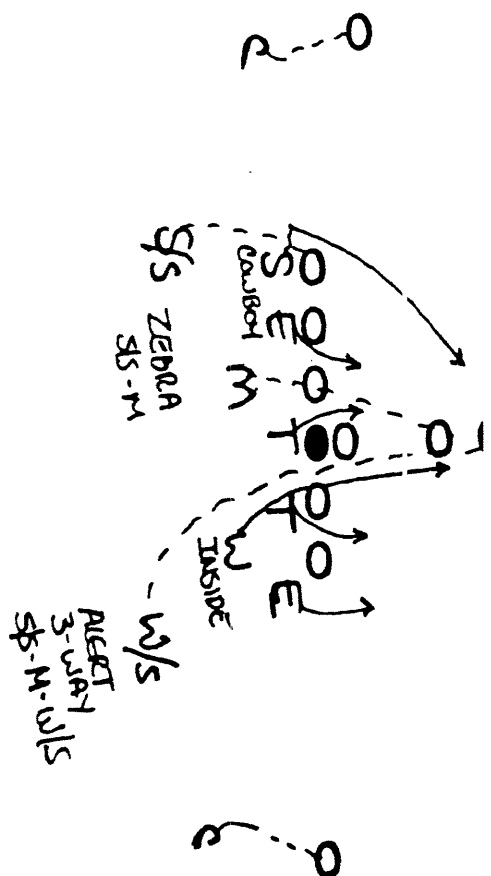
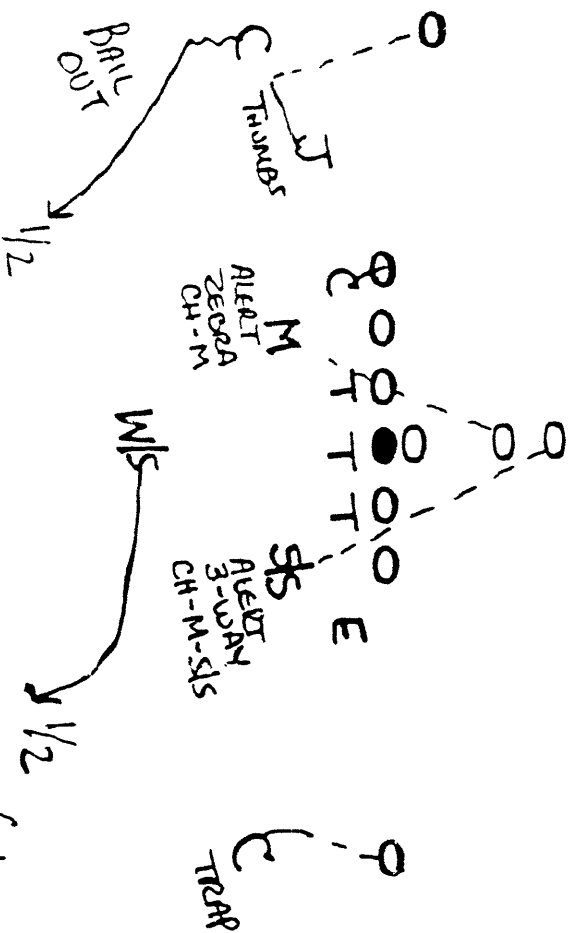
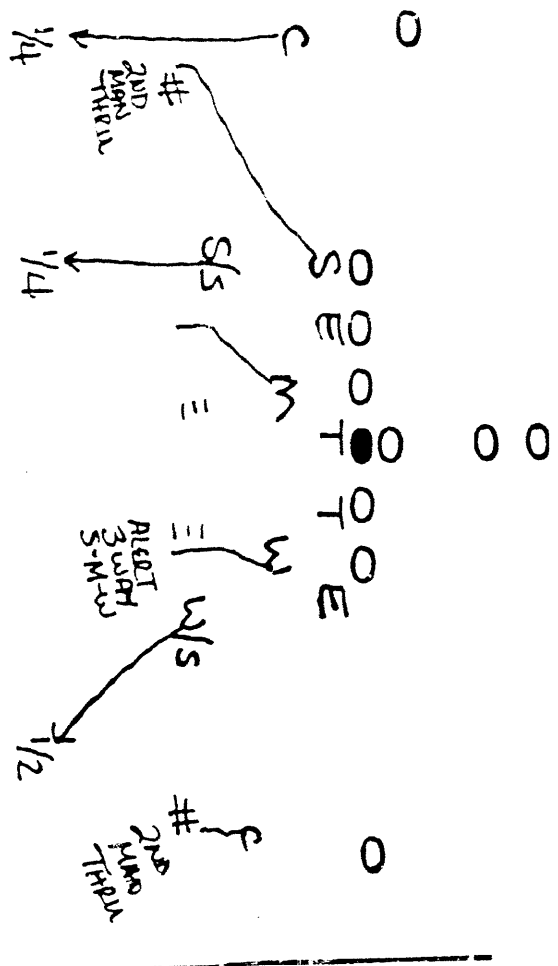
FORMATION: I FLOP



WM = $\sqrt{7}$
 2M = PLAY IT (JAW/BACK)
 3M = PLAY IT (DART JAW/BACK)

FORMATION: I FLOP





FORMATION: I

W/D = READ

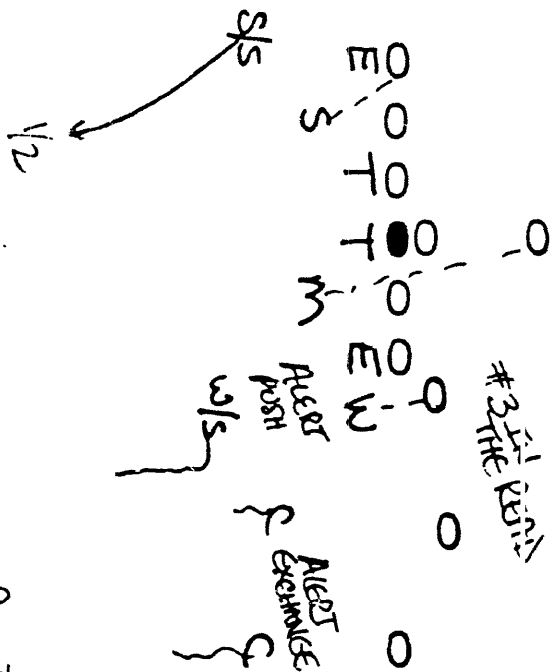
2D/3D = 4 & BLUE

2M/3M = SUIDE PLAN IT

FORMATION: I

AFC: UNDER 40

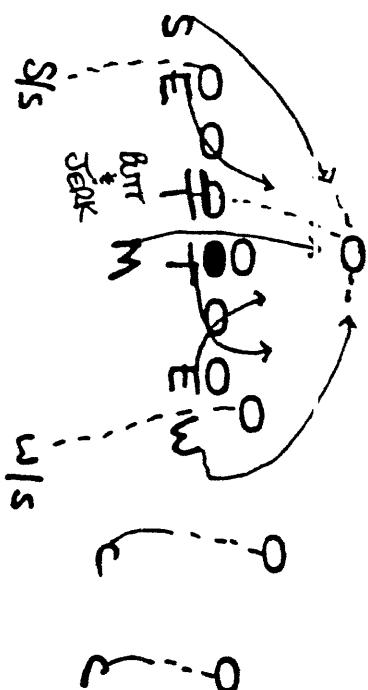
PLAY 7
BACKSIDE



FORMATION: BROWN-UP FLOP

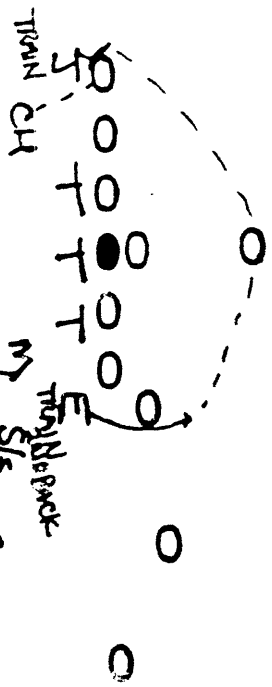
WM = PLAY IT
AM = SLIDE PLAY IT

AFC: OVER READ



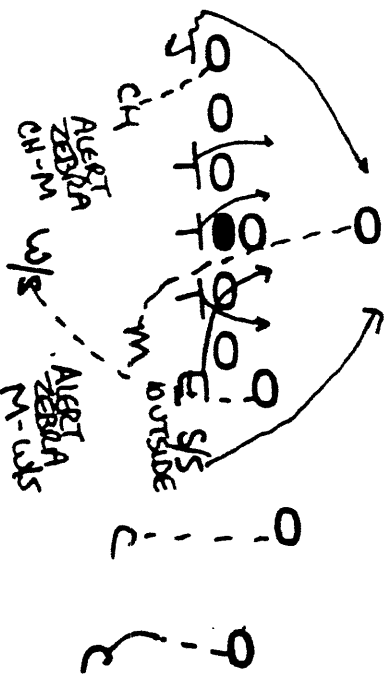
FORMATION: BROWN-UP FLOP

BTF: OVER SLIDE SCUD YARD

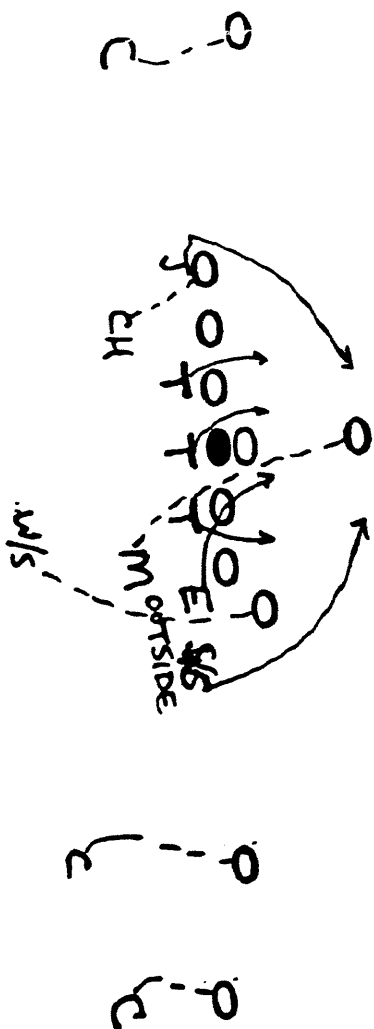
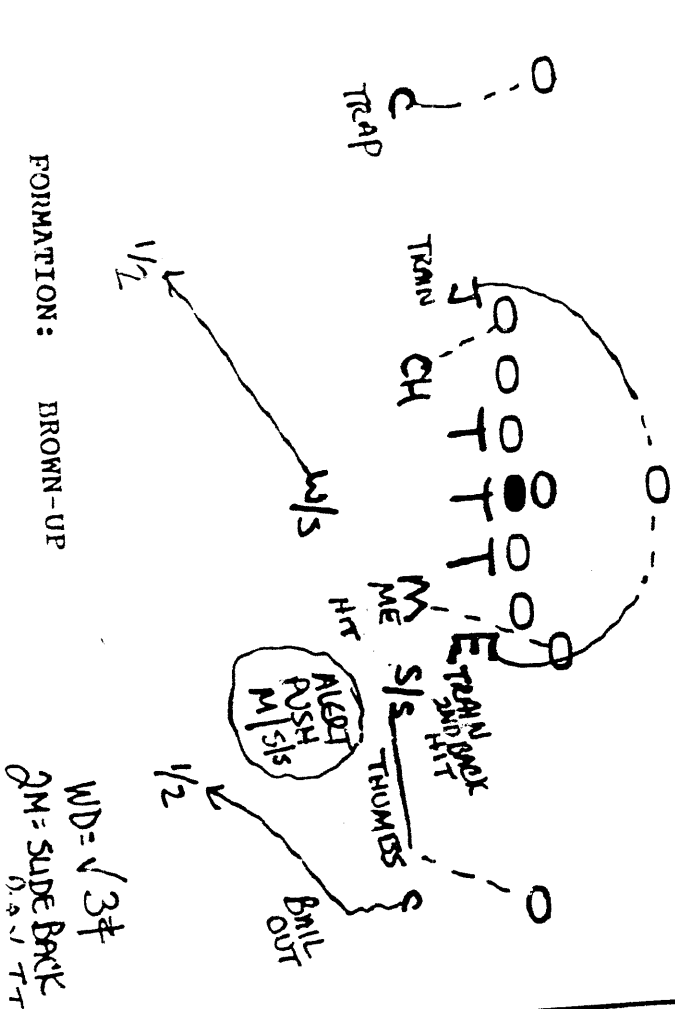
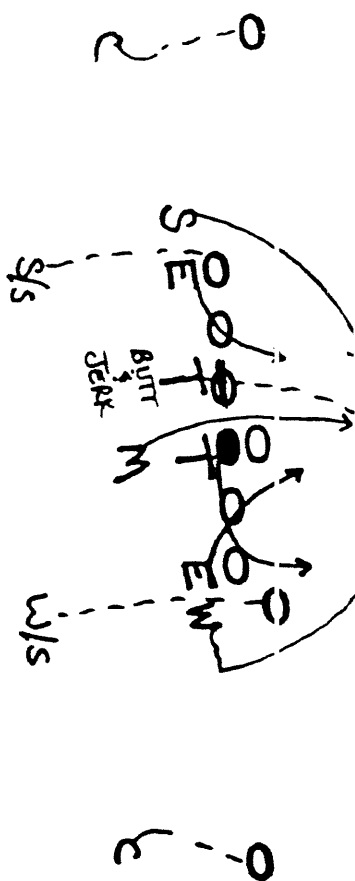
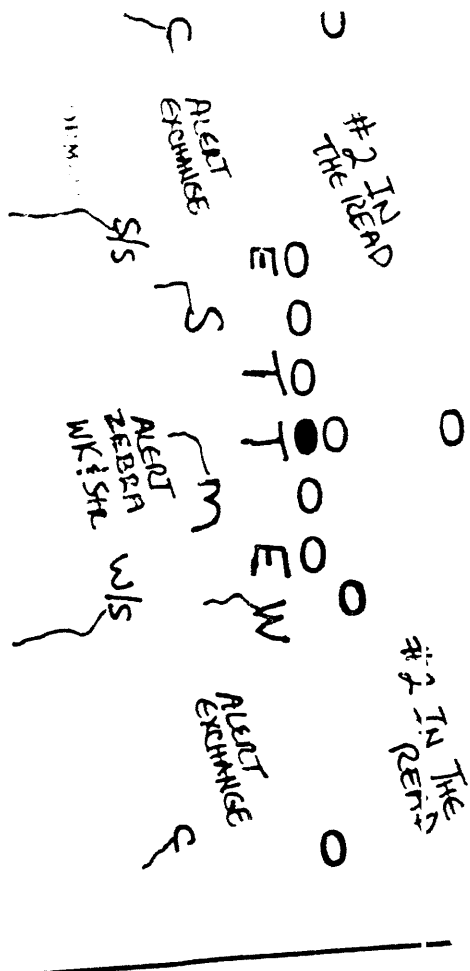


FORMATION: BROWN-UP FLOP

WM = $\sqrt{C/L}$
AM = $\sqrt{n} \times$ SLIDE BACK

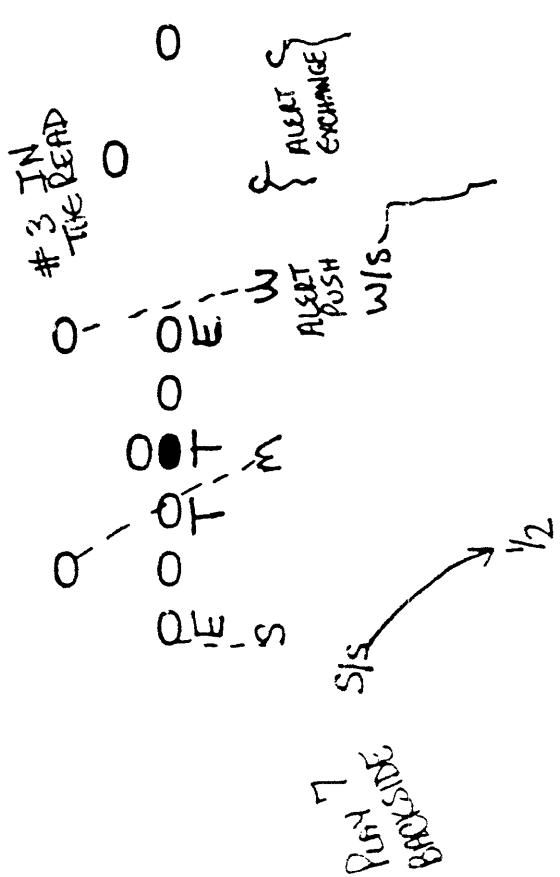


FORMATION: BROWN-UP FLOP



FORMATION: BROWN-UP

46 BTF: 11111 11111 11111

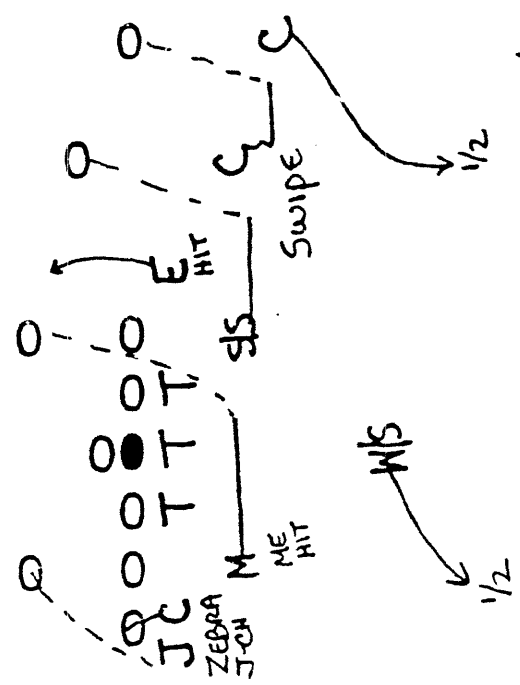


FORMATION: RED FLOP

AFC: OVER SAM STACK READ

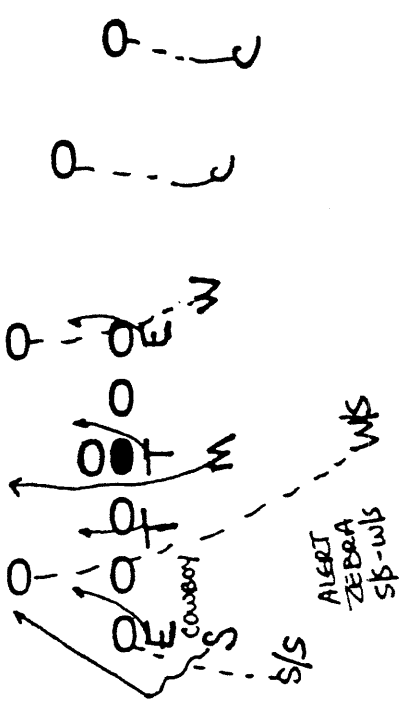
WM=√7
2M|3M=SLIDE RUN IT
2D|3D=FLAT IT

IT



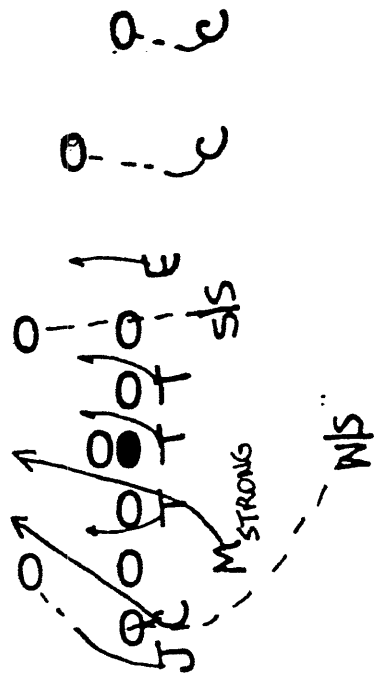
FORMATION: RED FLOP

WM=√7
2M=PLAY IT (JANNAWK)
3M=PLAY IT DON'T JANNAWK

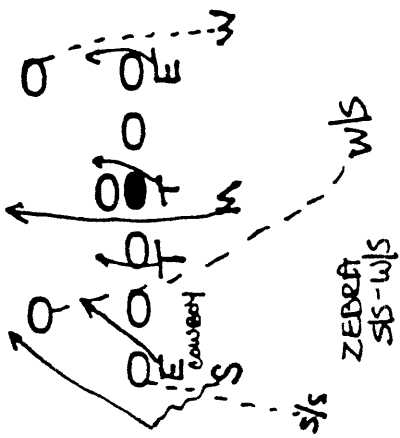


FORMATION: RED FLOP

BTf: OVER SAM STACK SCAM

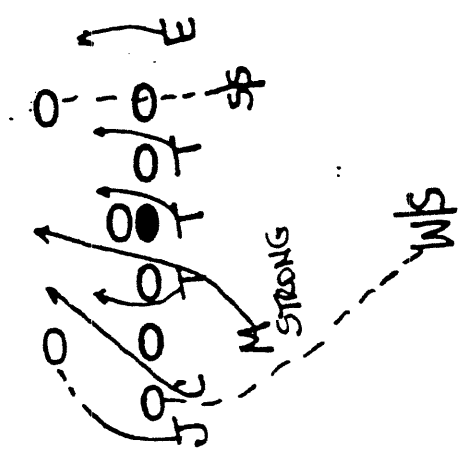


FORMATION: RED FLOP

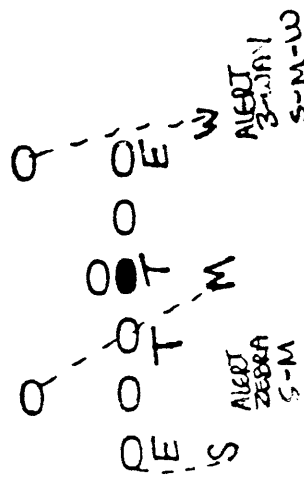


FORMATION: RED

BTF: OVER SAM STACK SCAM



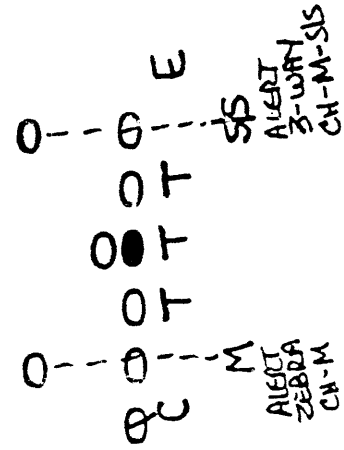
FORMATION: RED



FORMATION: RED

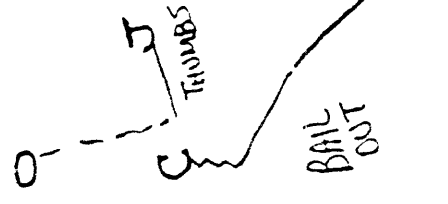
AFC: OVER SAM STACK 7

WD = $\sqrt{\text{READ}}$
 2D/3D = PLAY IT
 2M/3M = SLIDE PLAY IT
 XD = PLAY IT



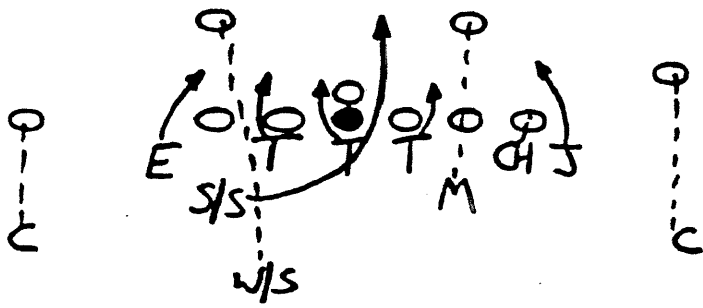
FORMATION: RED

WD = $\sqrt{\text{CLX}}$
 2D/3D = PLAY IT
 XD = PLAY IT

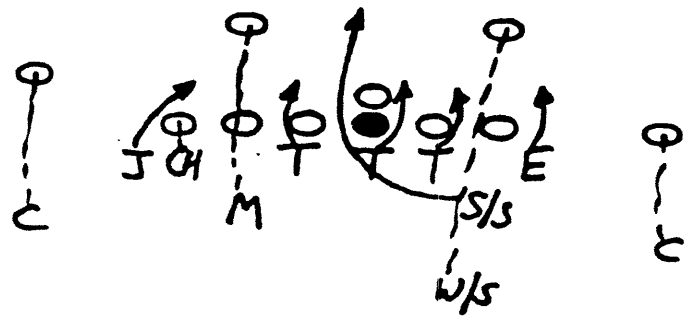


TRAP

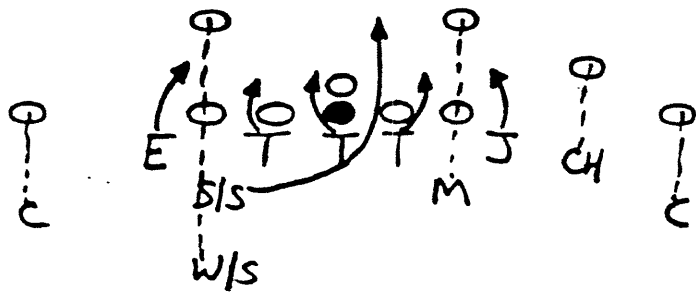
46 NKL WILL



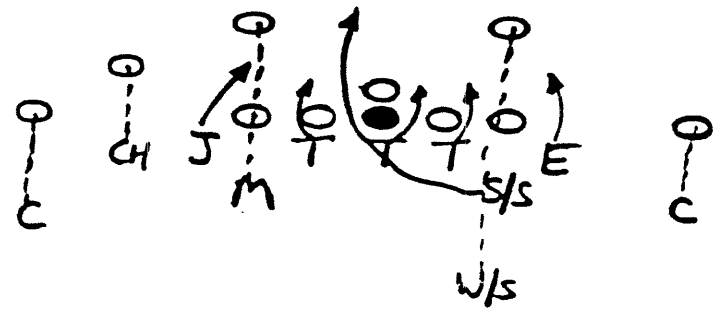
✓ WILL STRONG



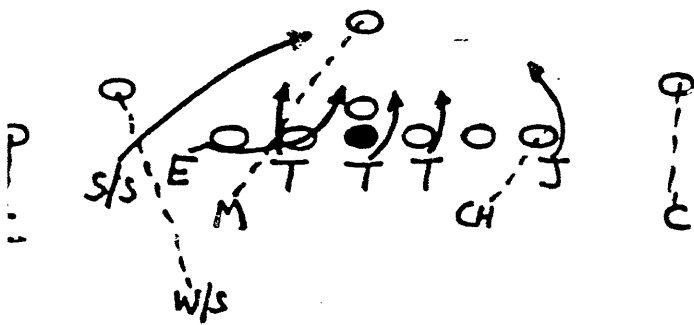
✓ WILL STRONG



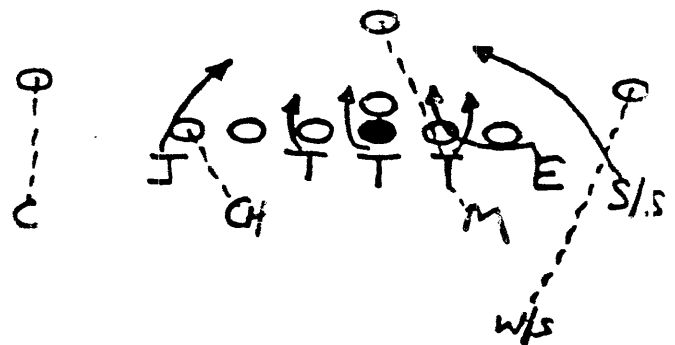
✓ WILL STRONG



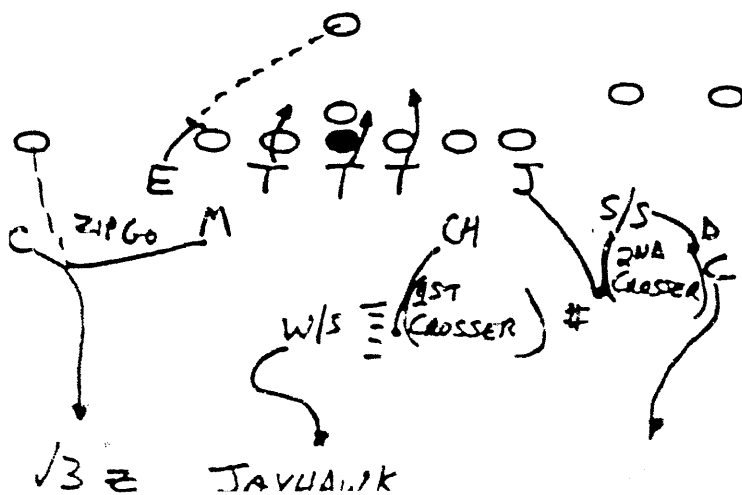
✓ WILL STRONG



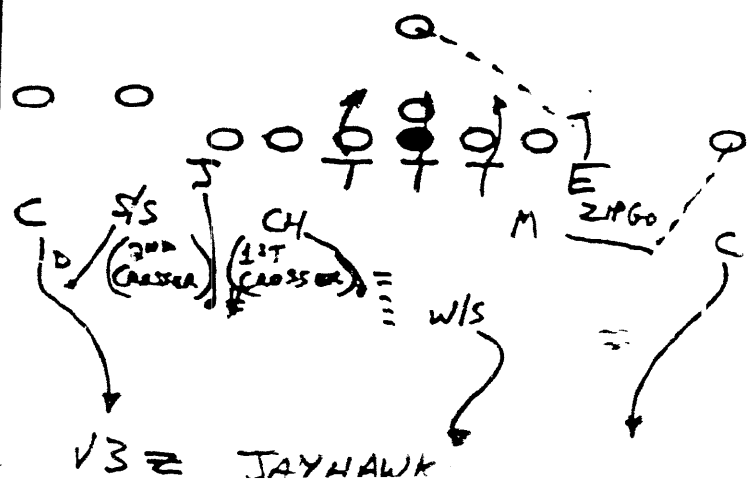
✓ WILL OUTSIDE JAYHAWK



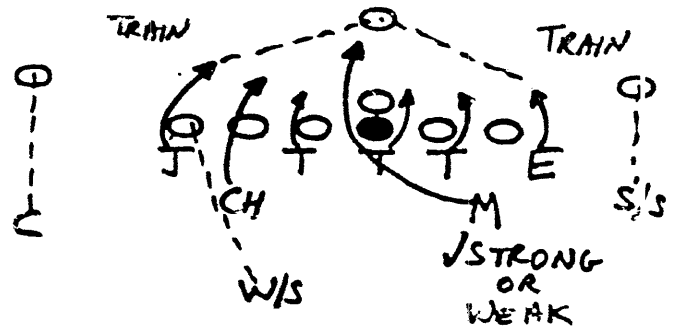
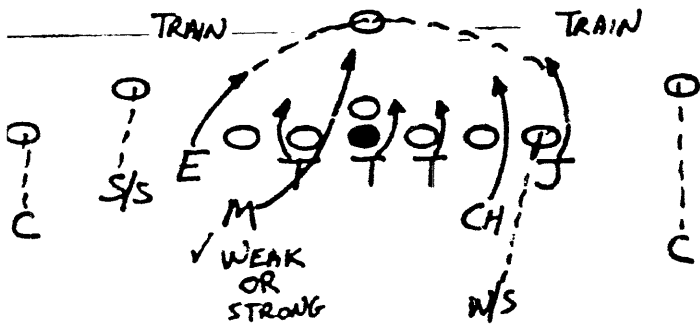
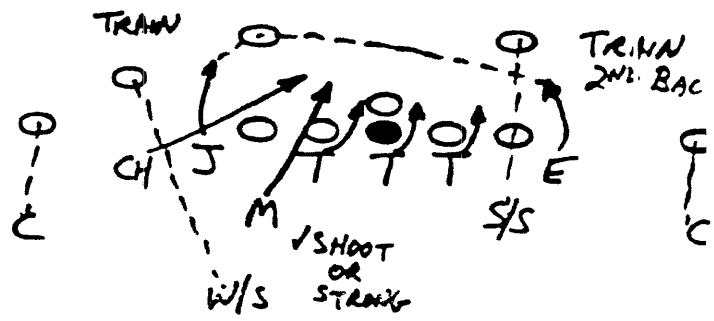
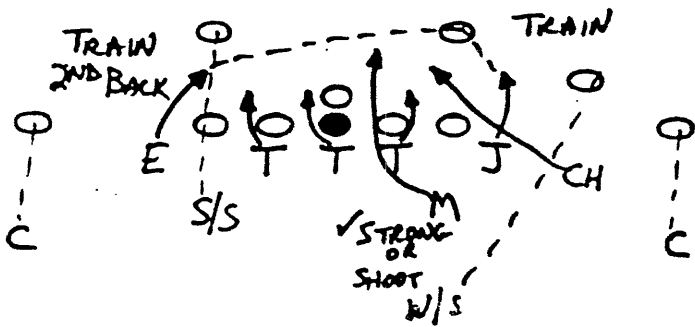
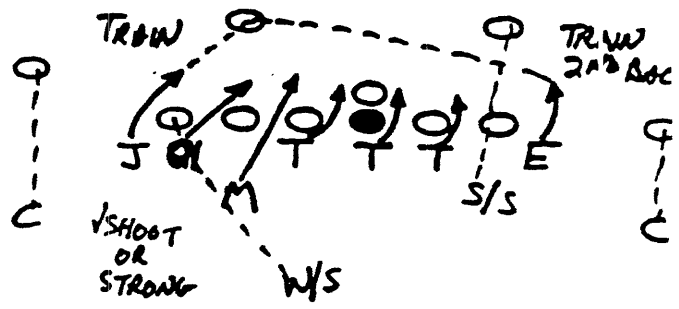
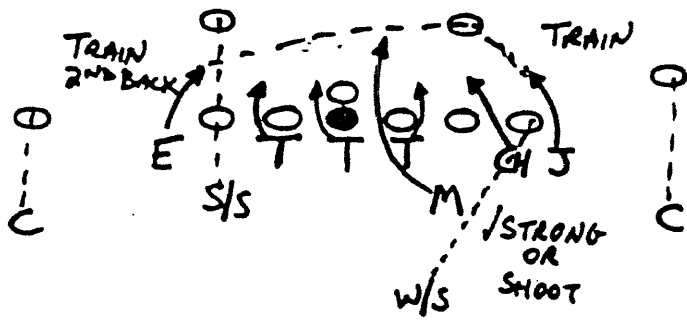
✓ WILL OUTSIDE JAYHAWK



✓ 3 = JAYHAWK

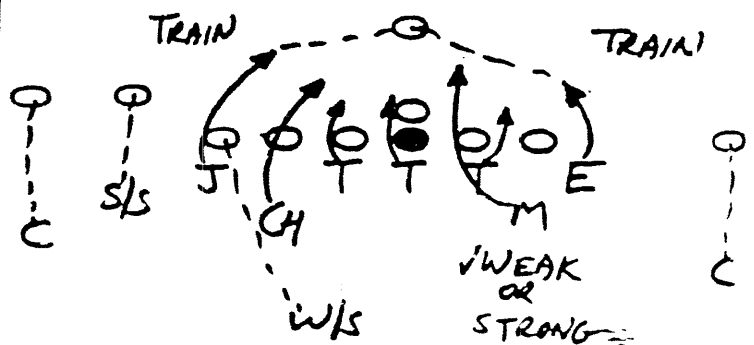
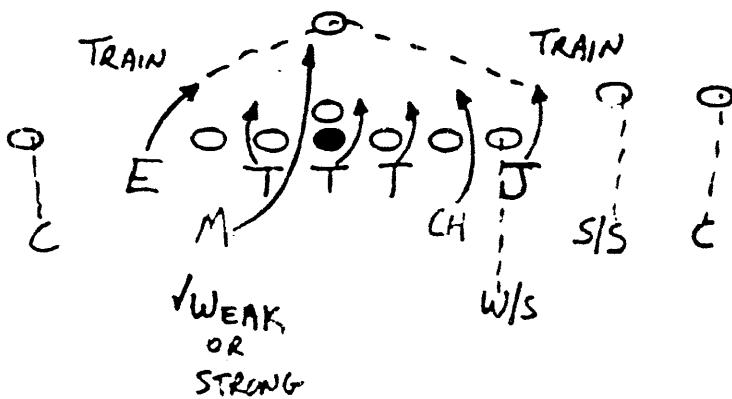


✓ 3 = JAYHAWK



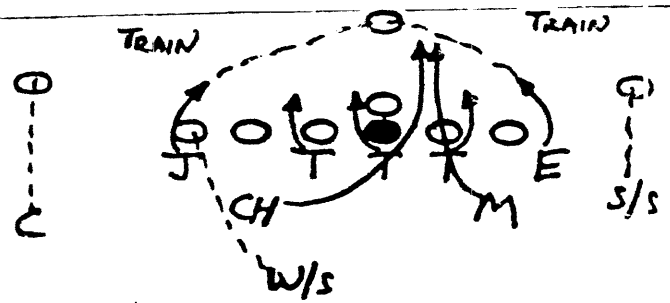
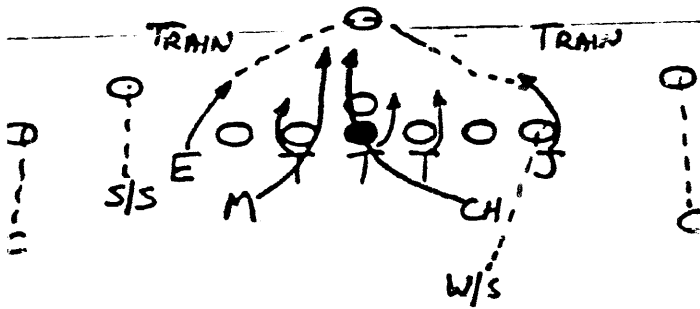
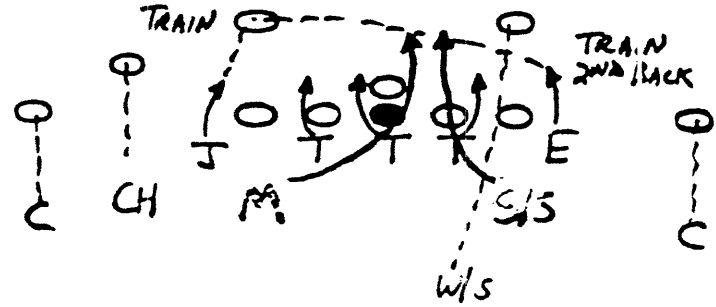
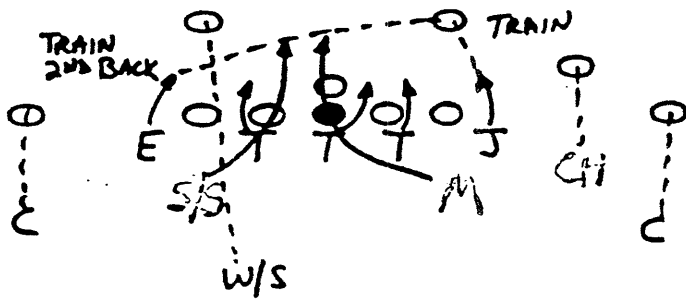
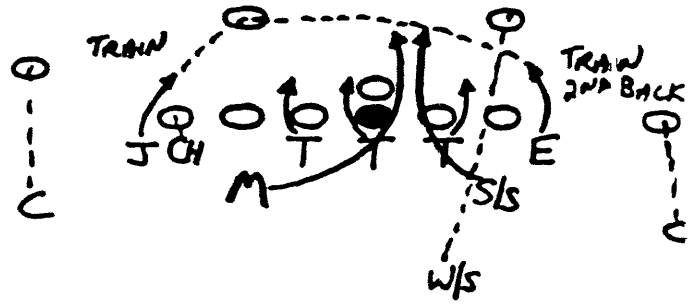
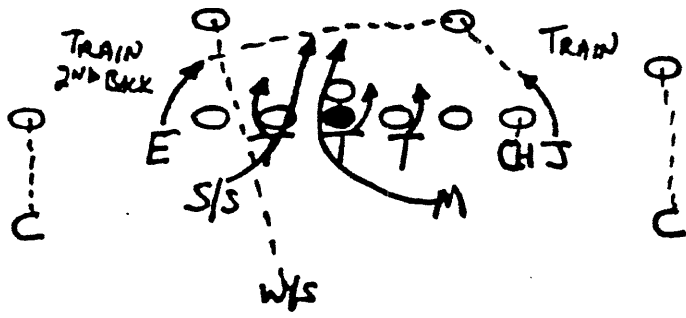
JAYHAWK

JAYHAWK



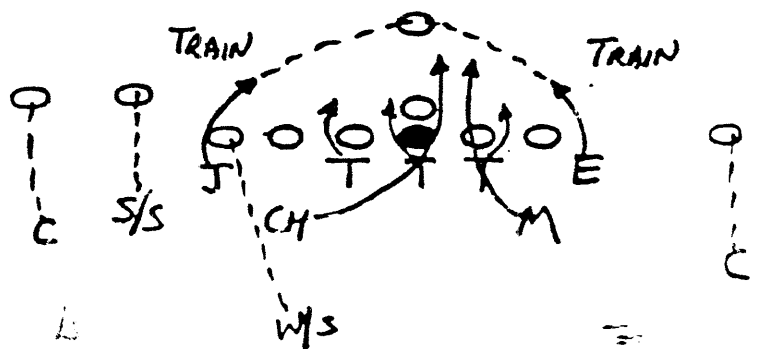
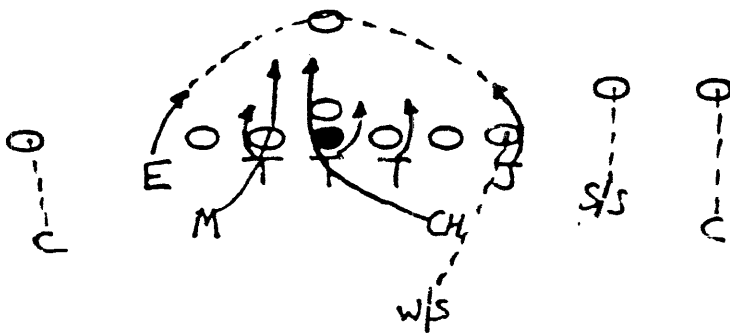
JAYHAWK

JAYHAWK



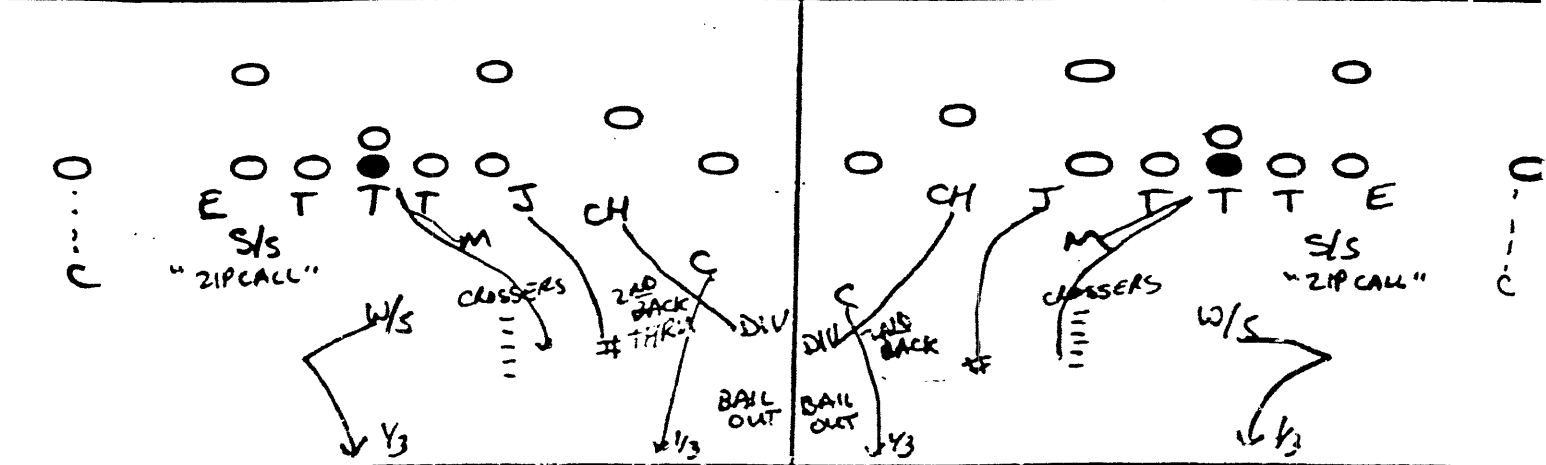
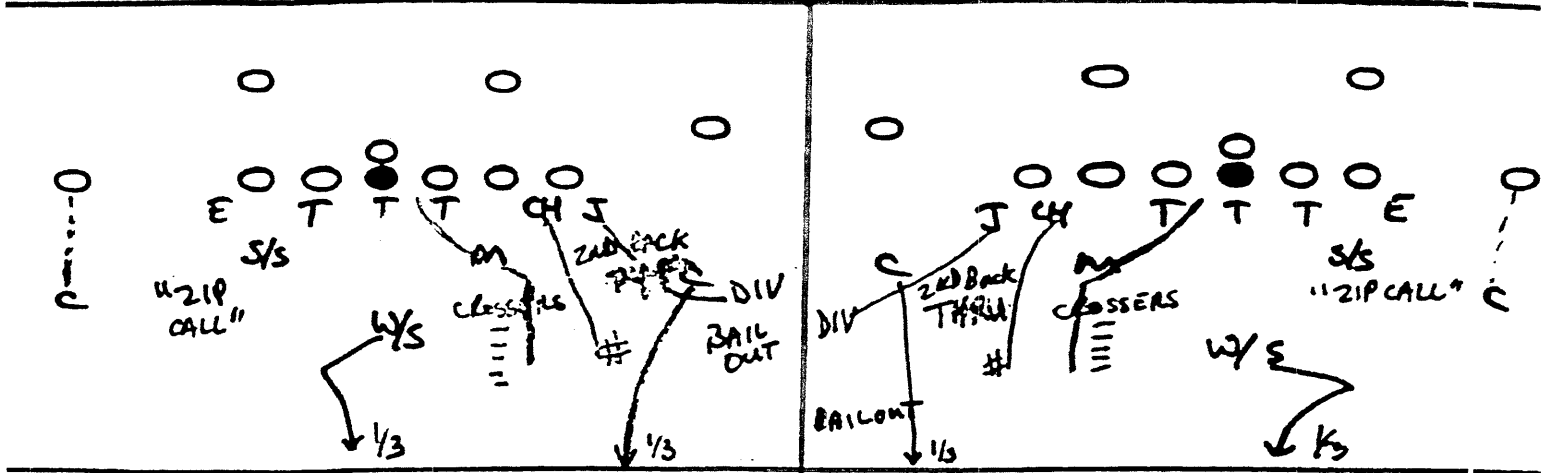
JAYHAWK

JAYHAWK

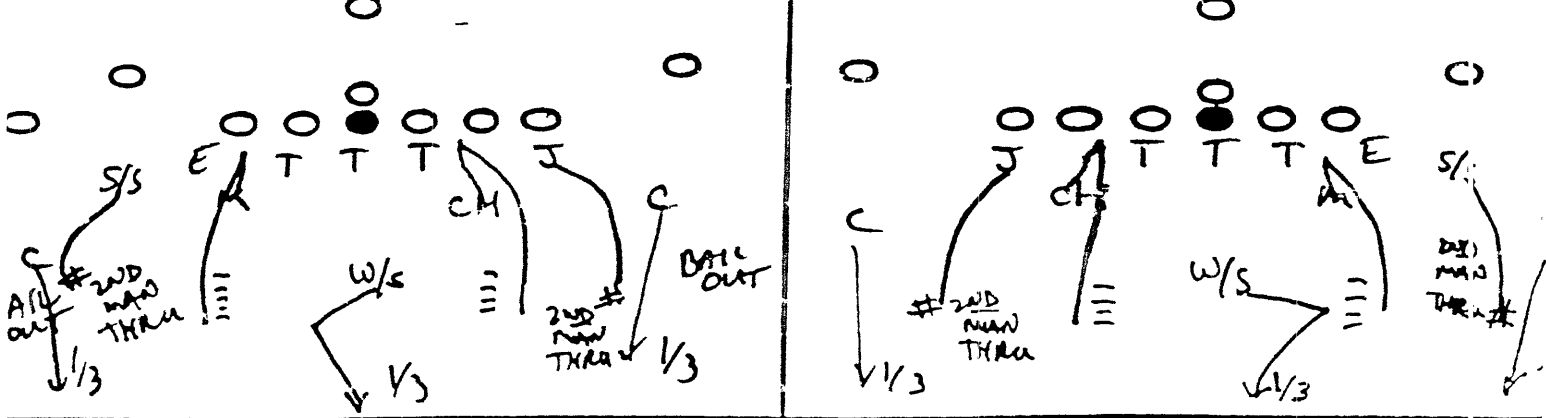


JAYHAWK

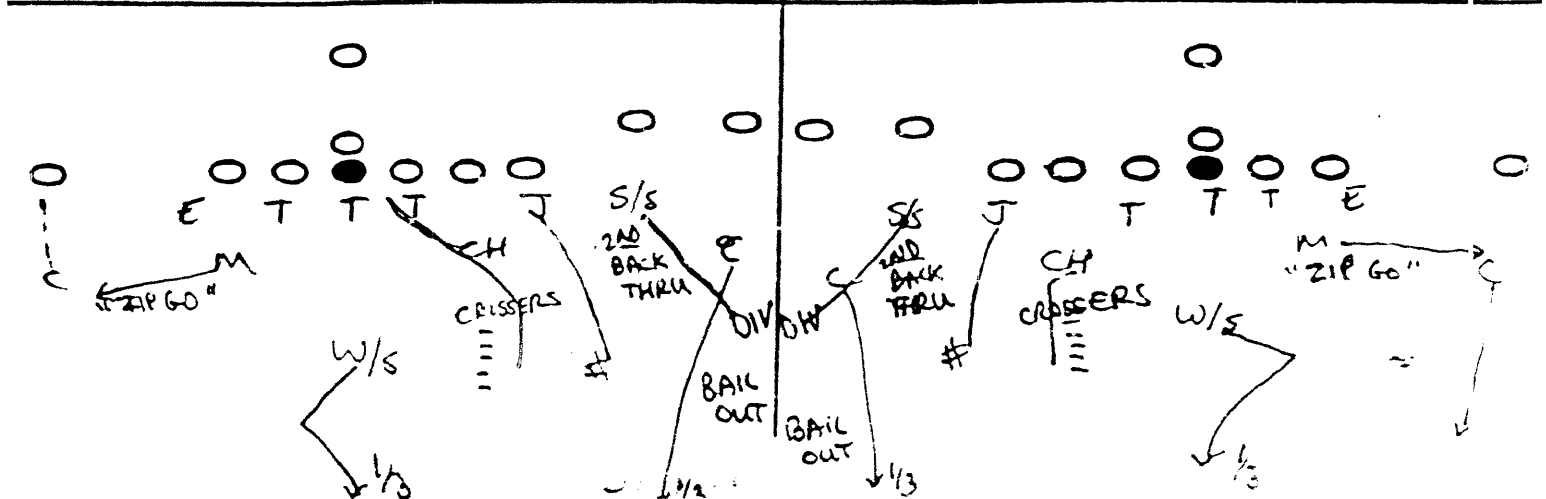
46 NKL 3# FAKE 59



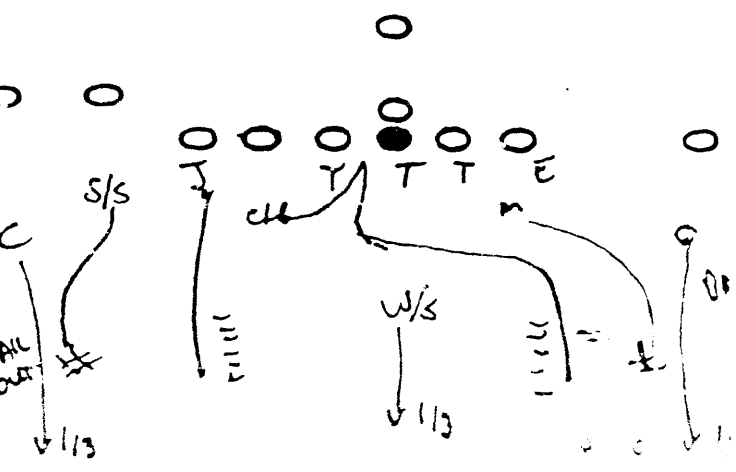
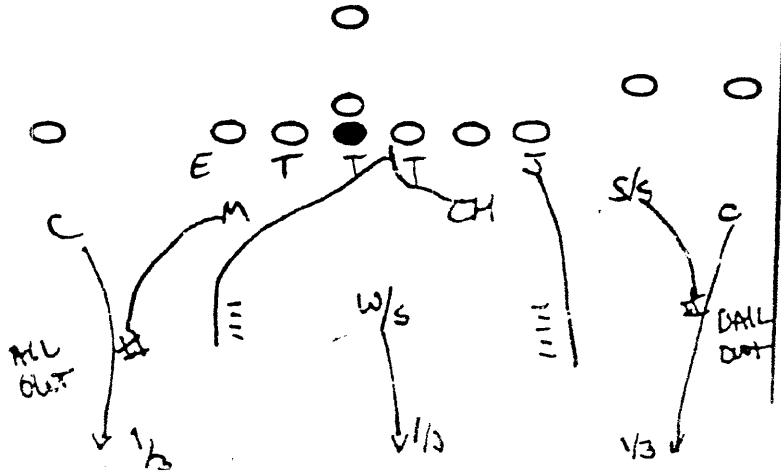
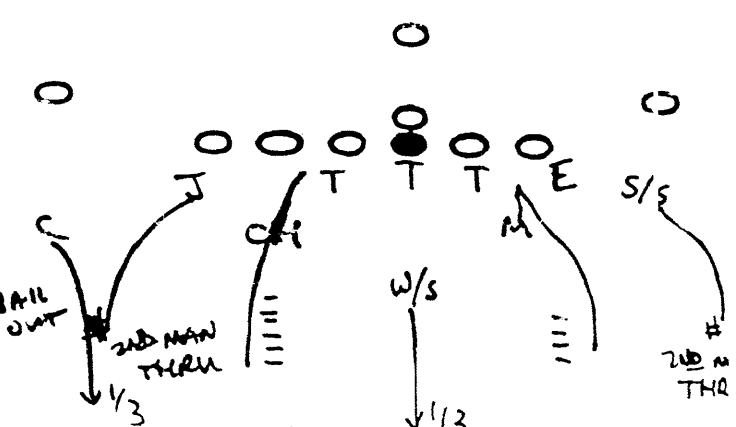
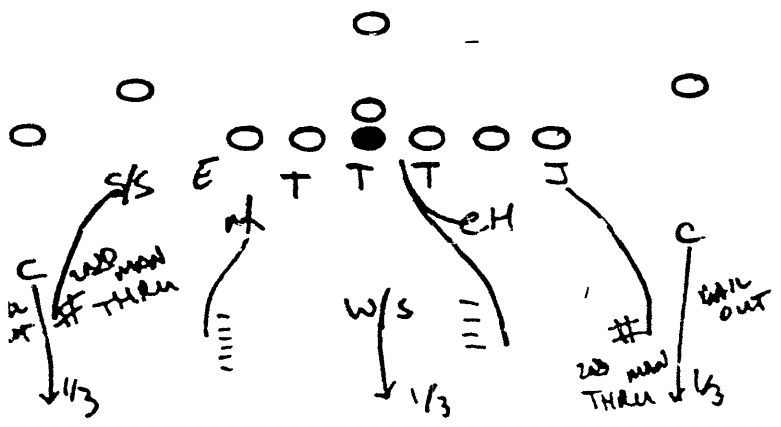
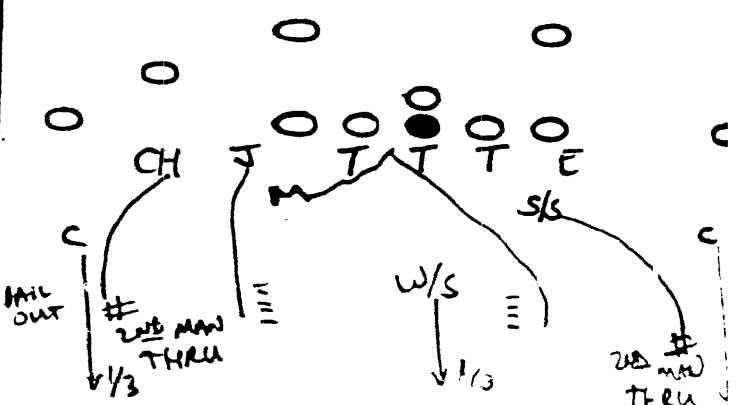
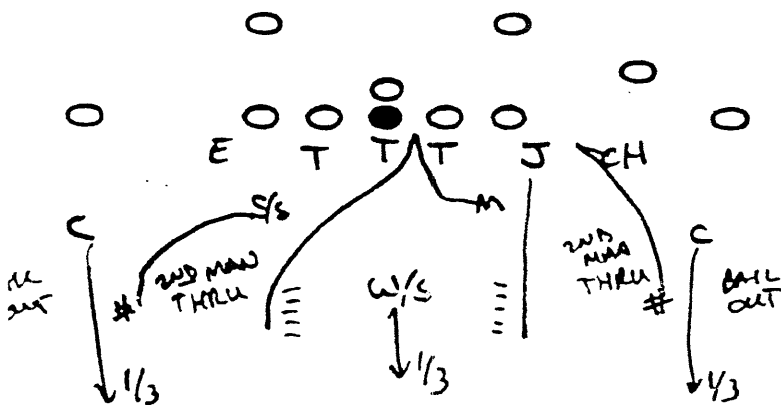
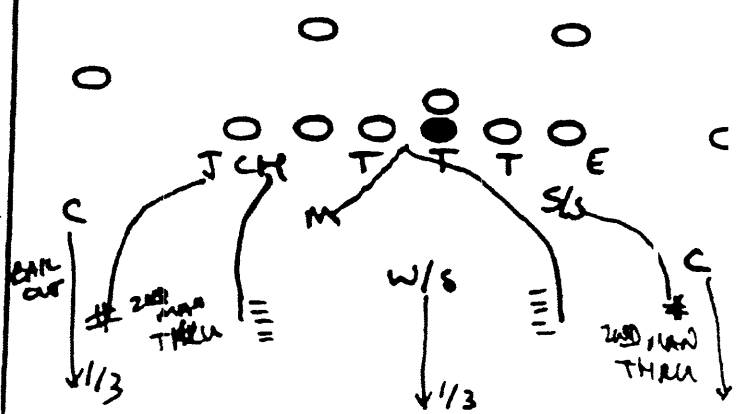
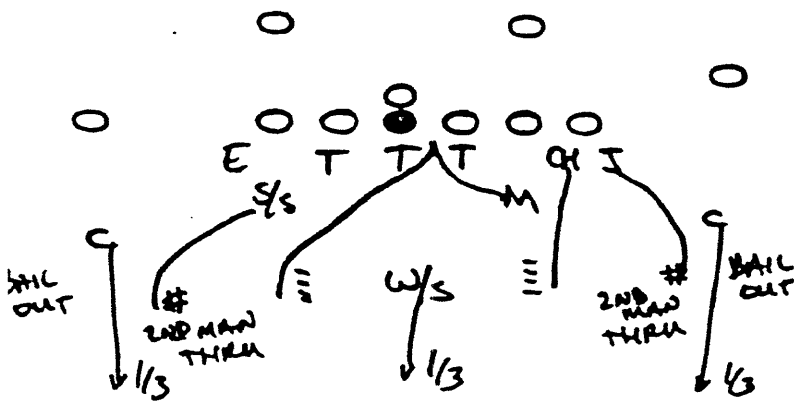
52 FAKE 59 = 22



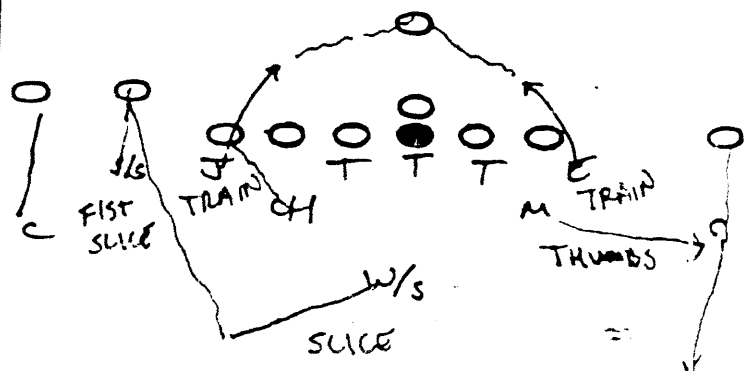
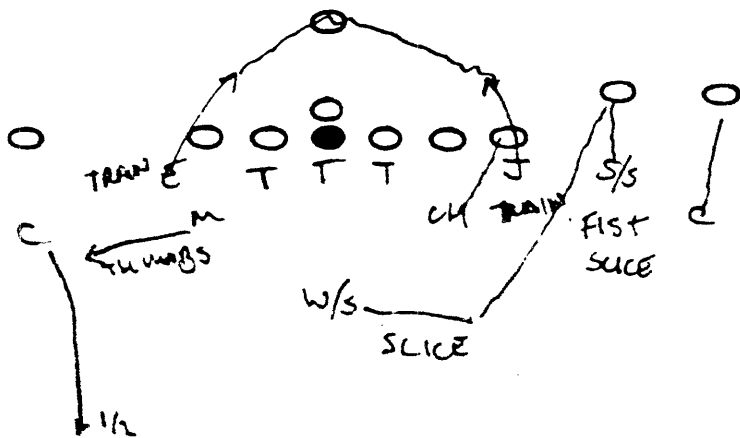
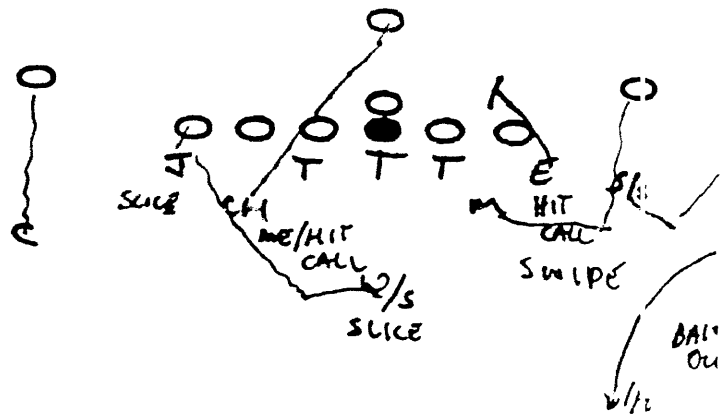
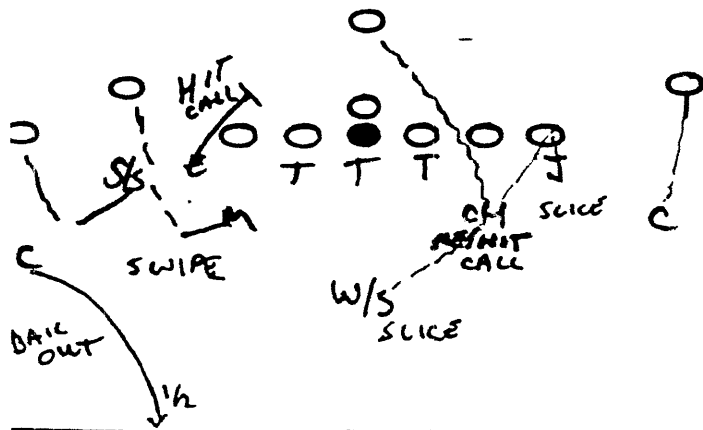
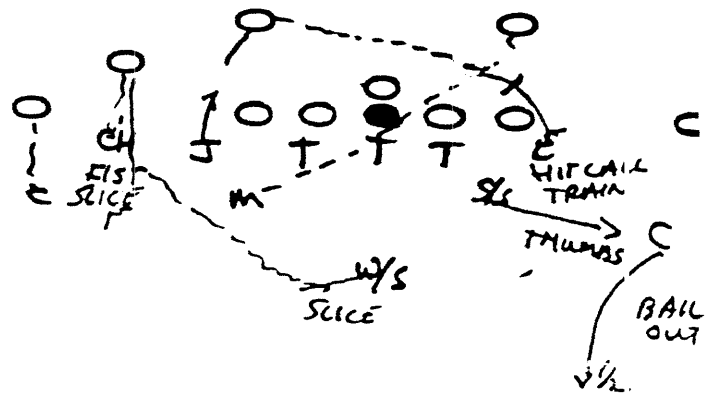
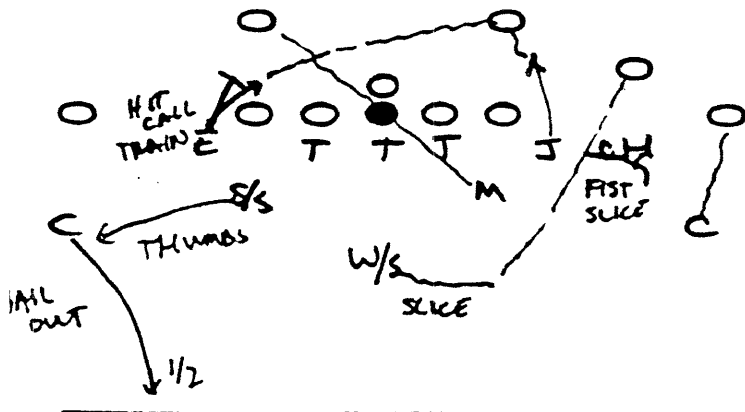
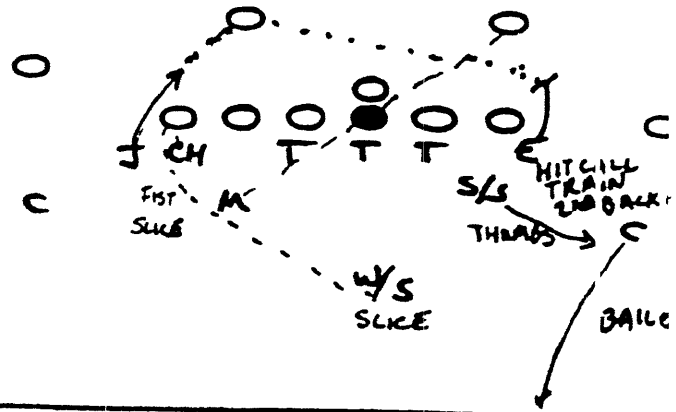
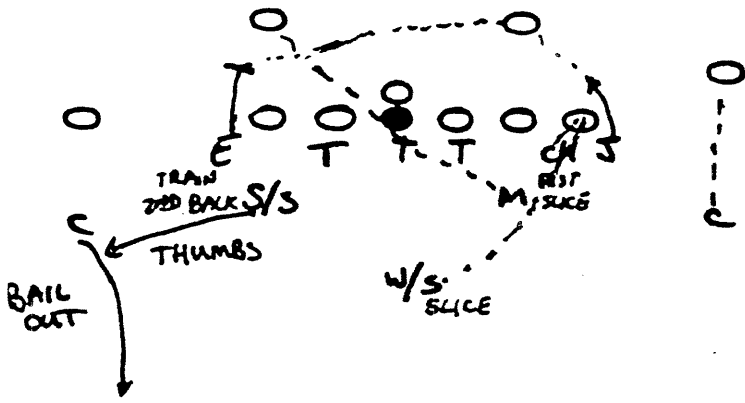
32 FAKE 59 = 22



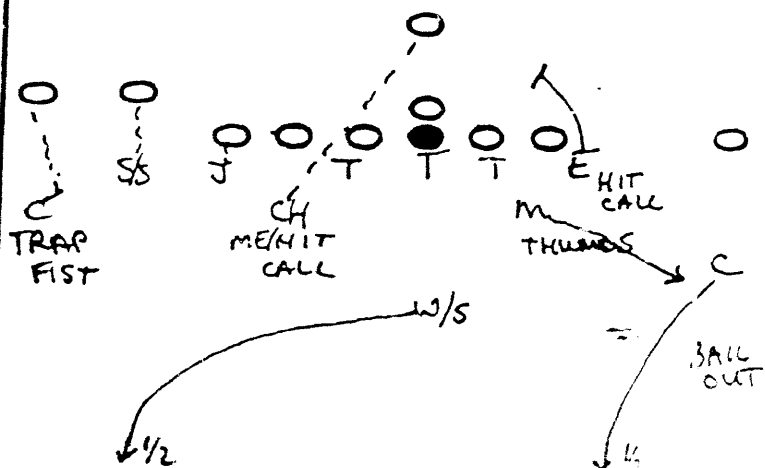
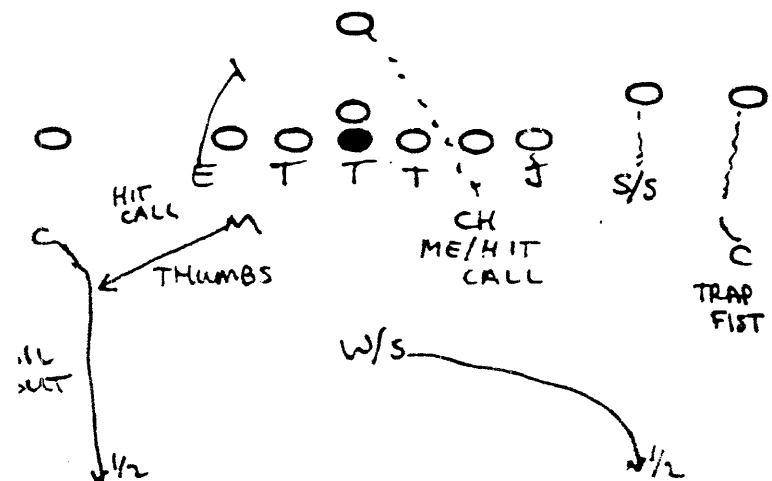
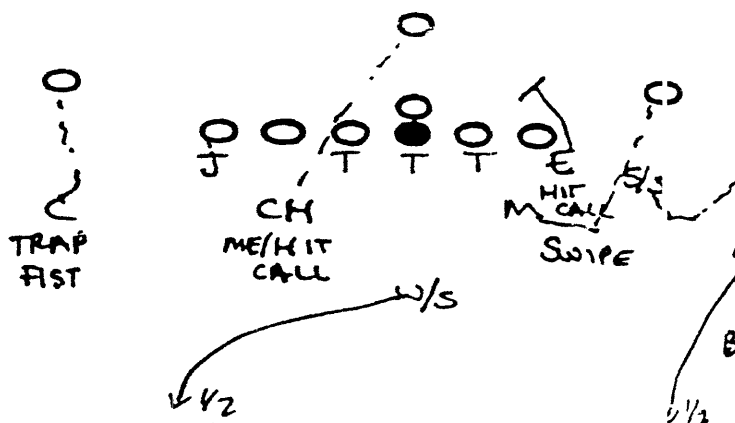
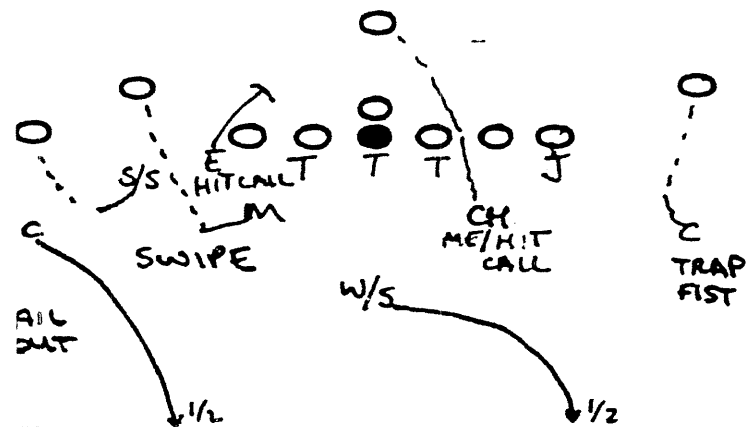
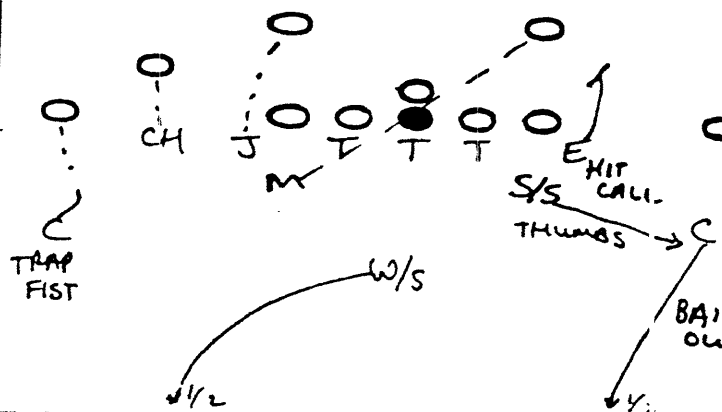
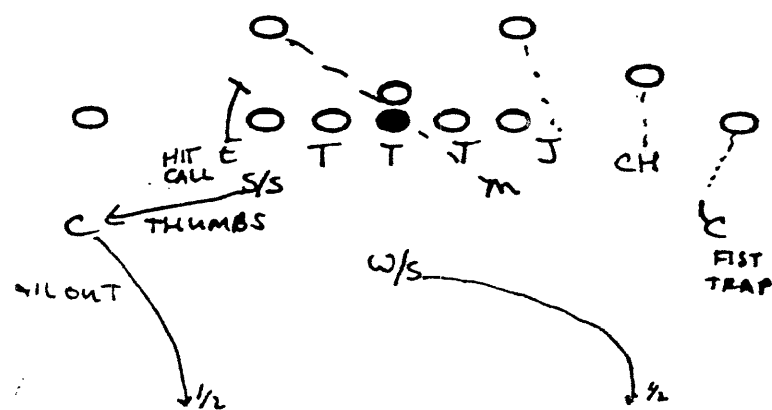
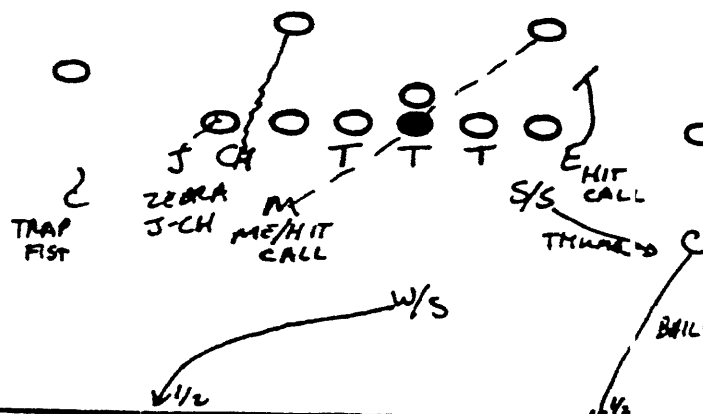
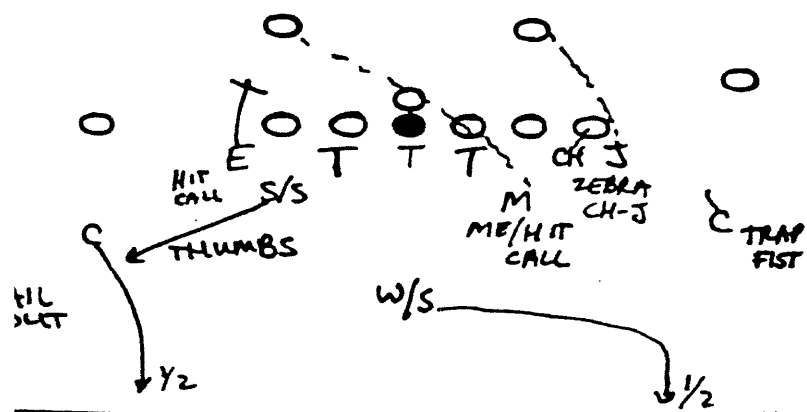
46 2# FAKE 59

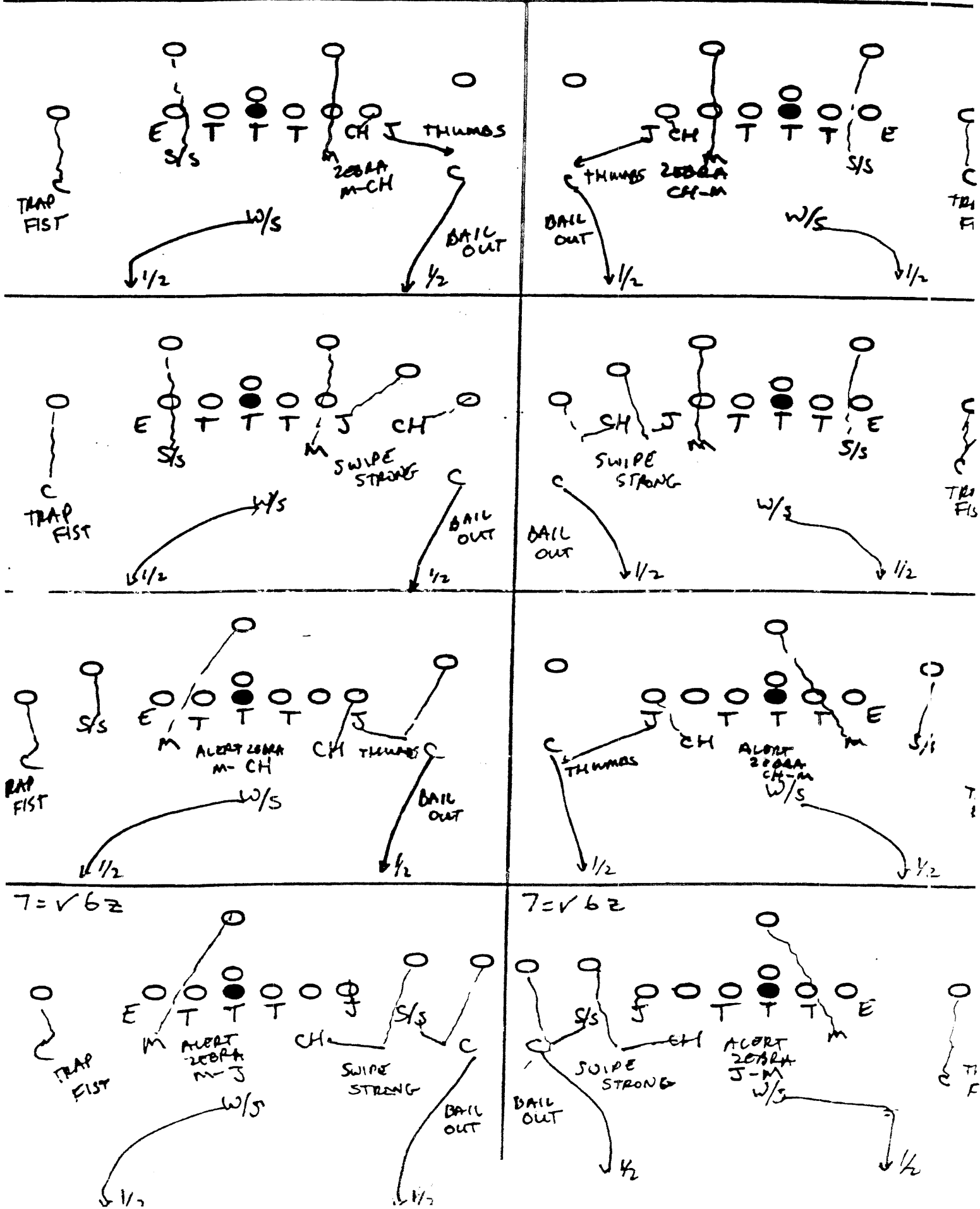


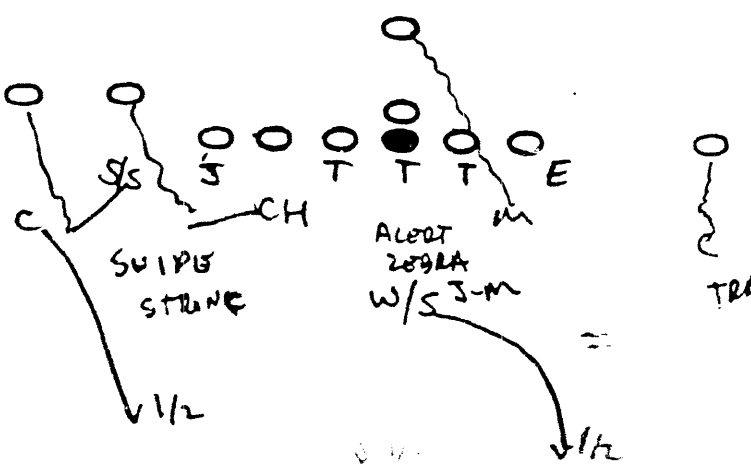
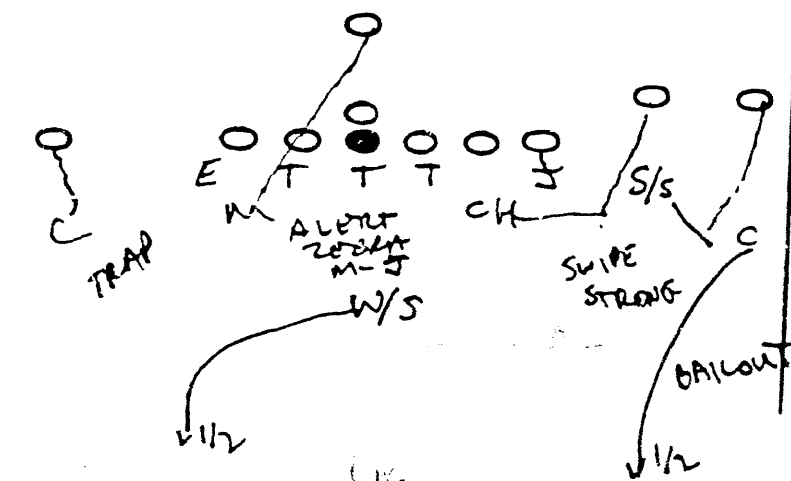
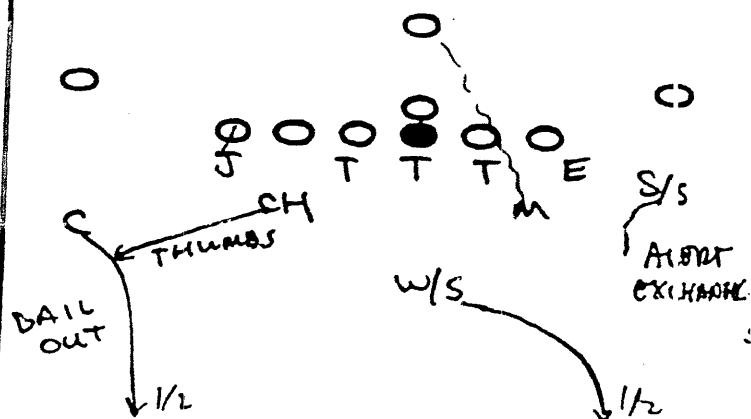
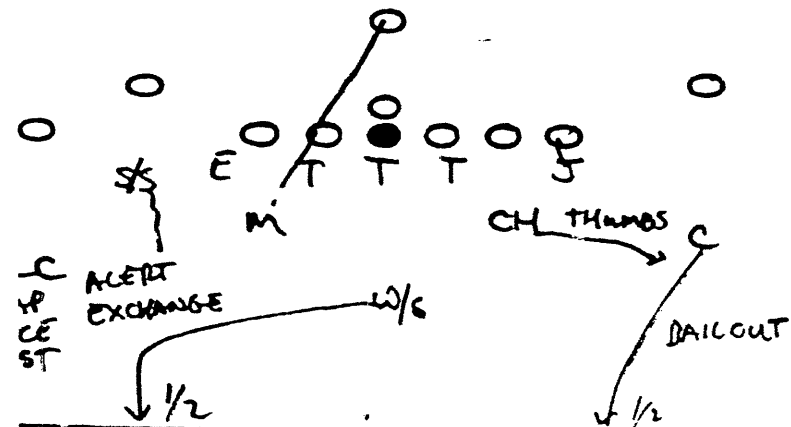
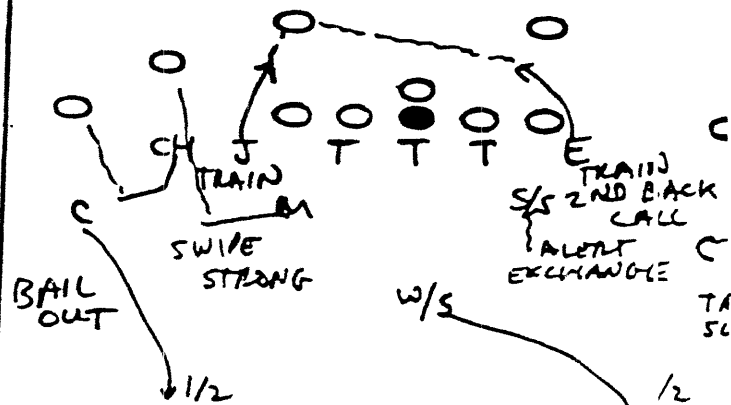
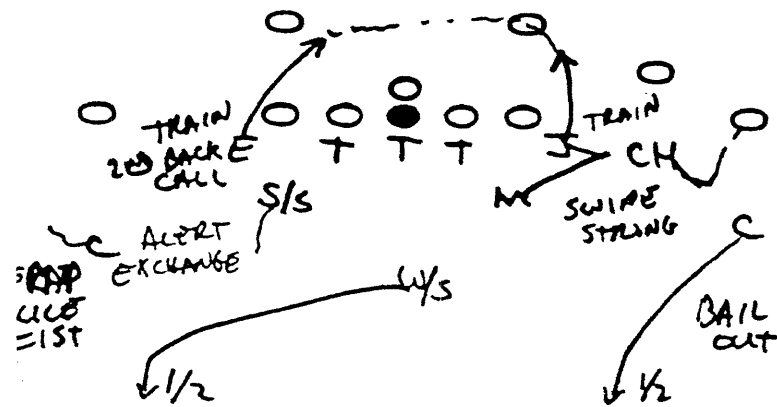
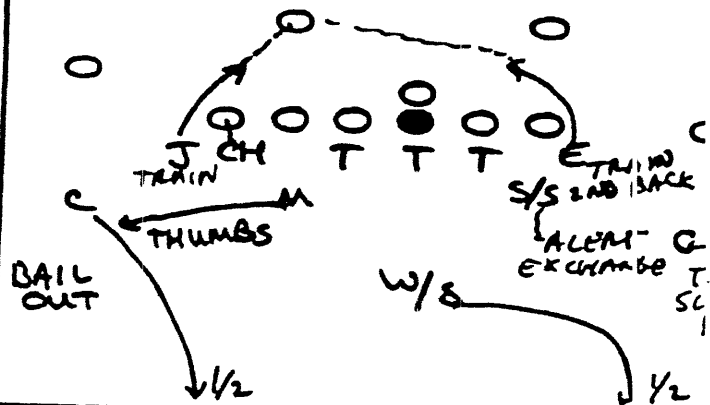
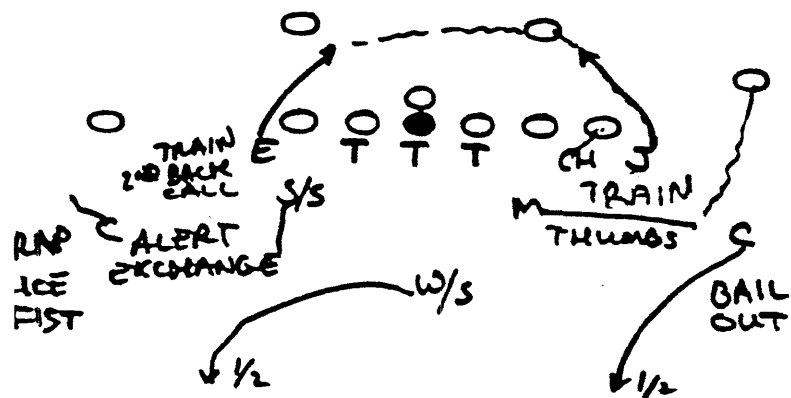
46 NKL C/2



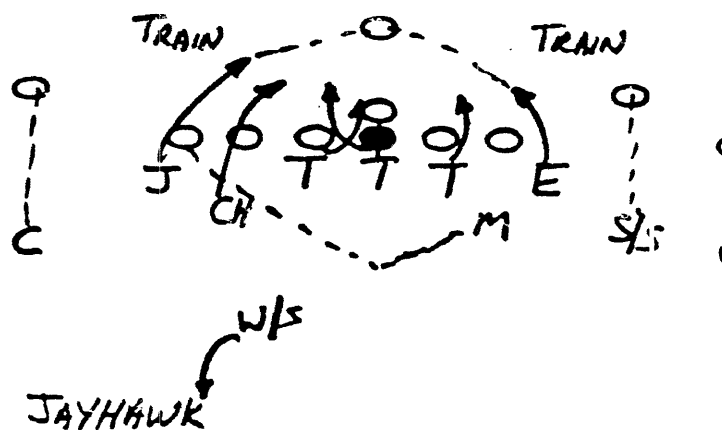
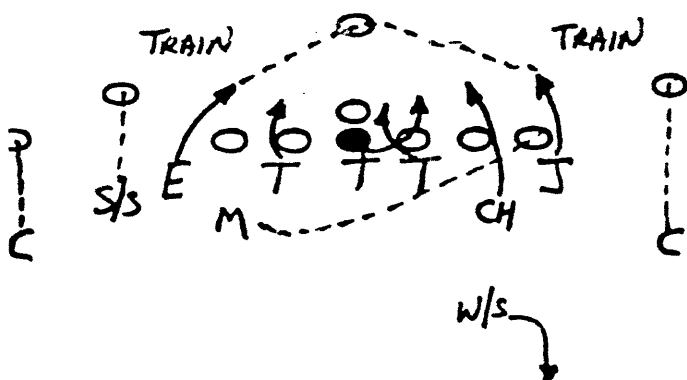
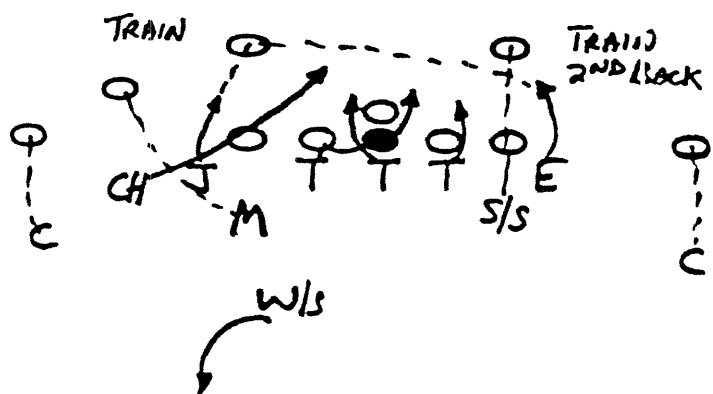
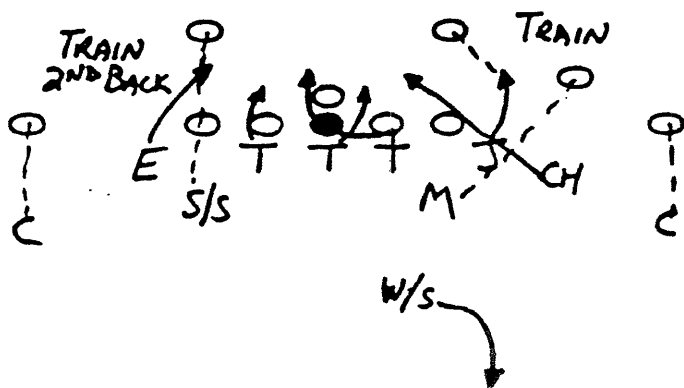
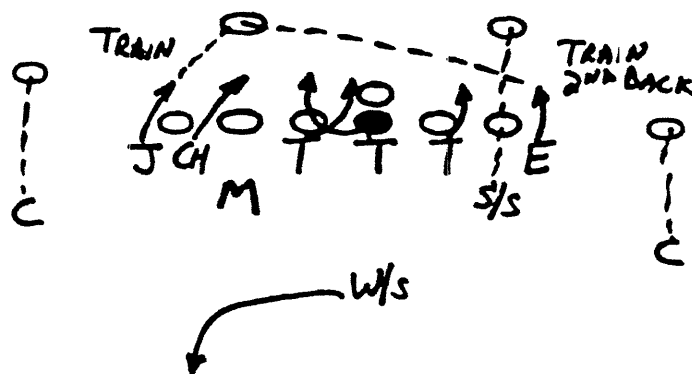
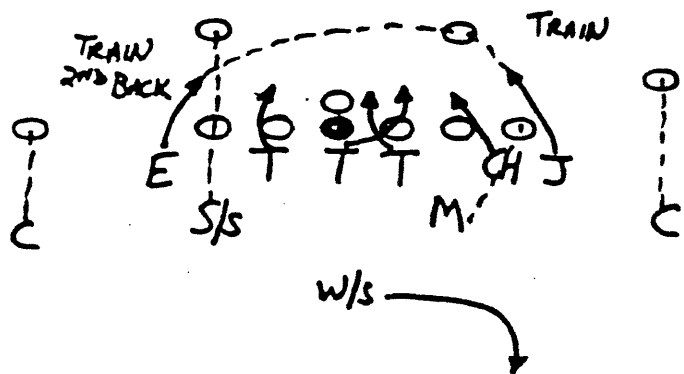
46 NKL C/1





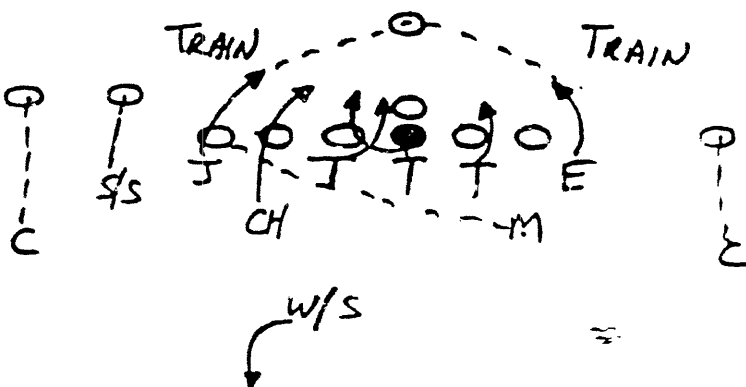
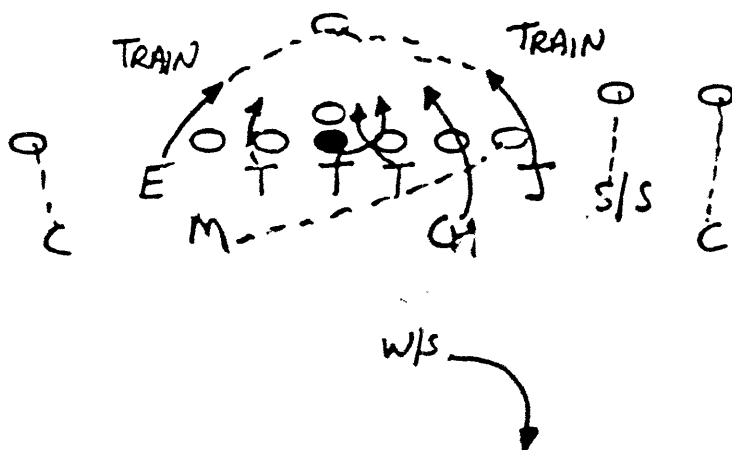


46 NKL GIANT



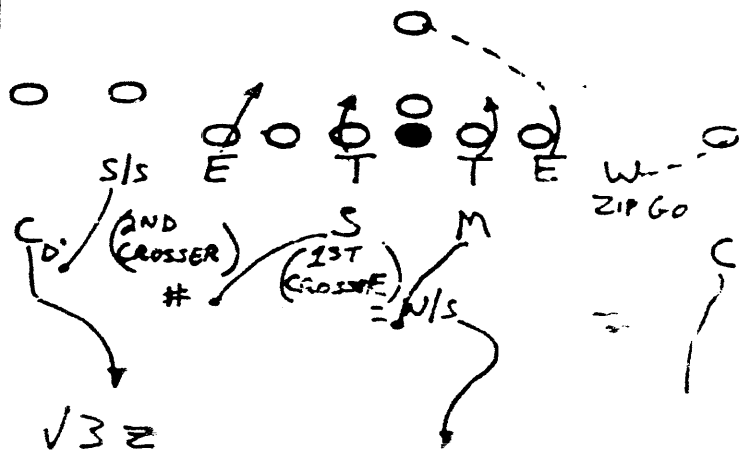
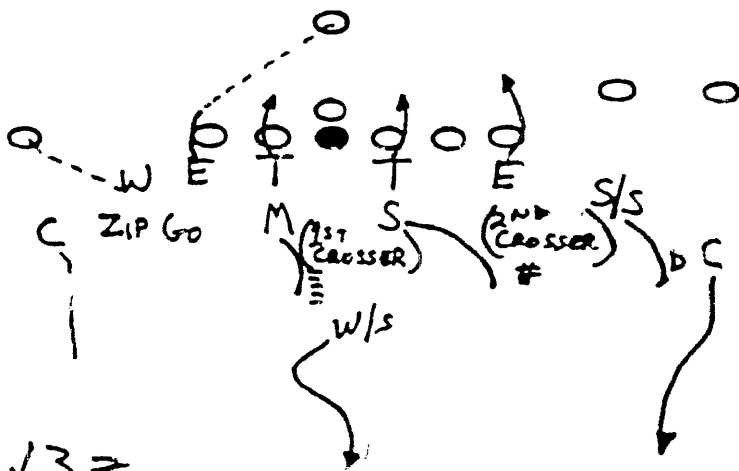
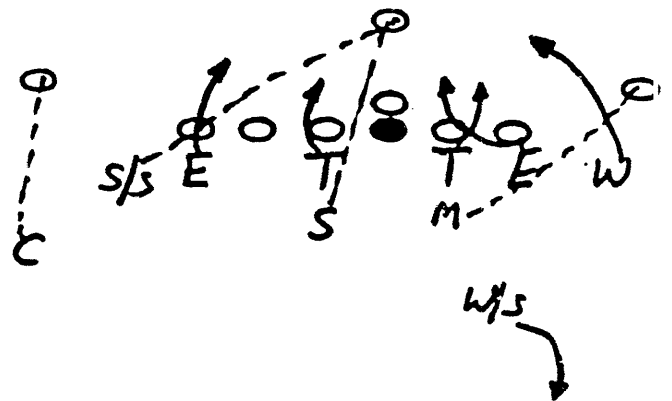
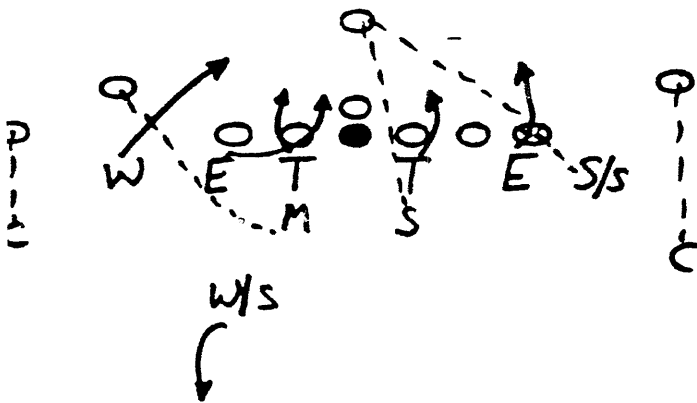
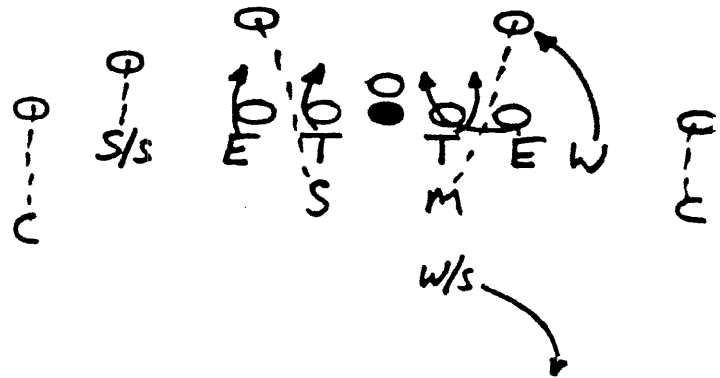
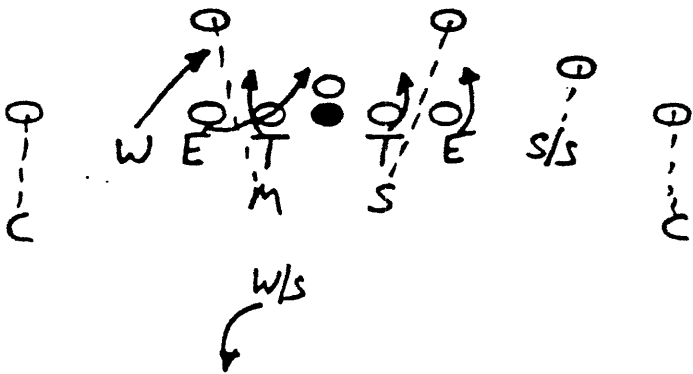
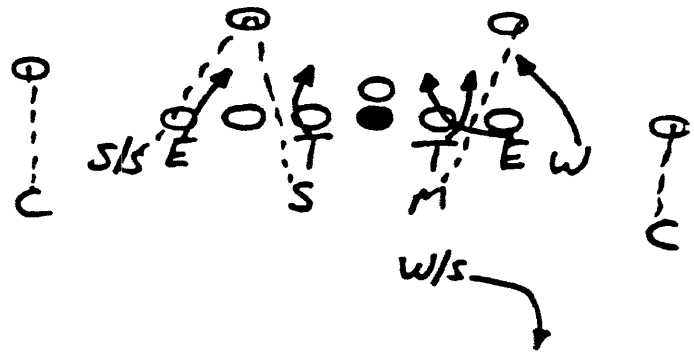
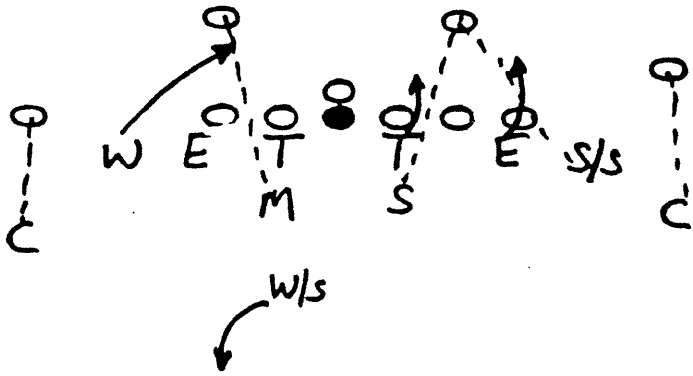
JAYHAWK

JAYHAWK



JAYHAWK

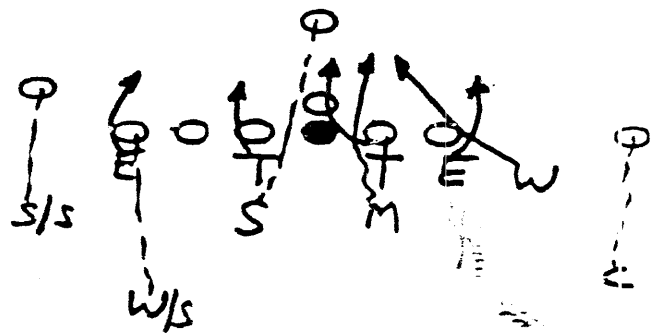
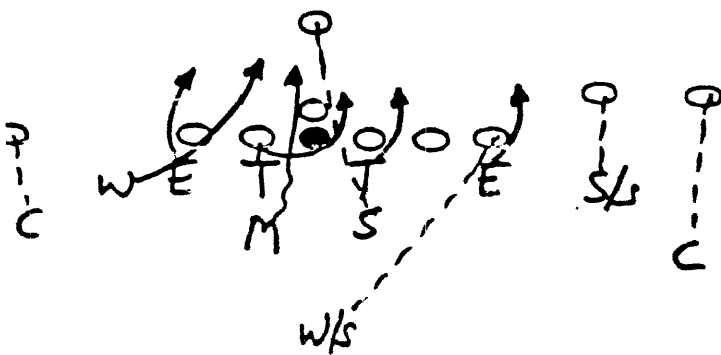
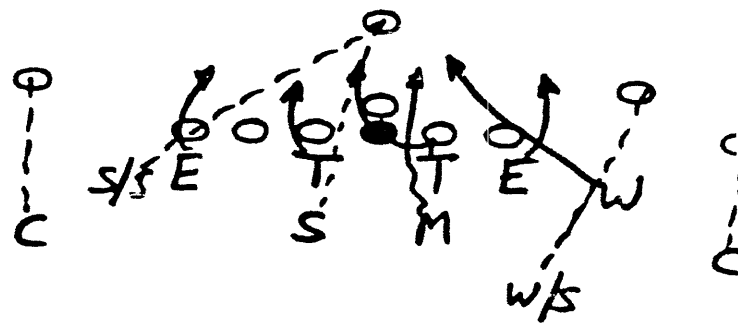
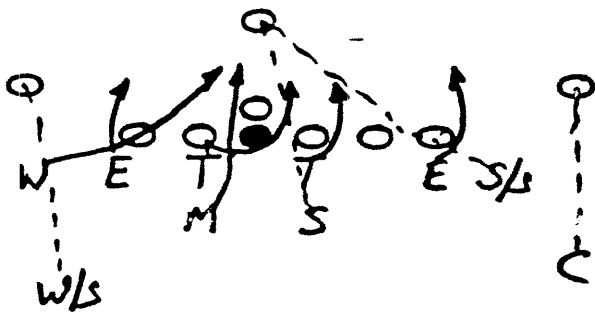
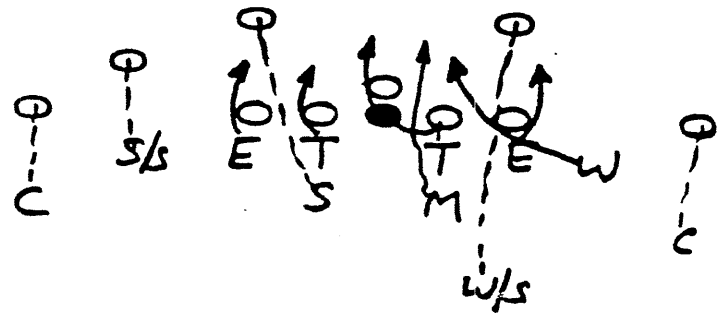
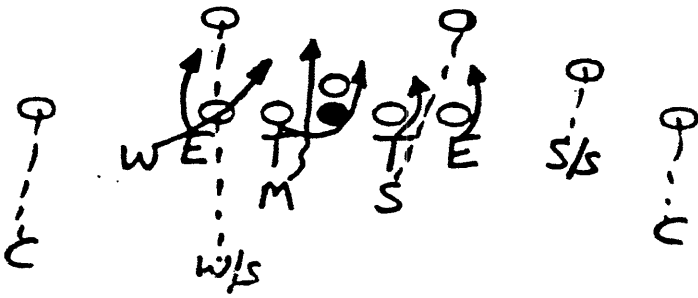
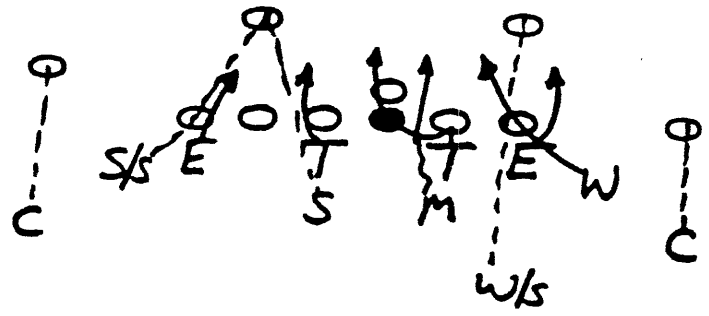
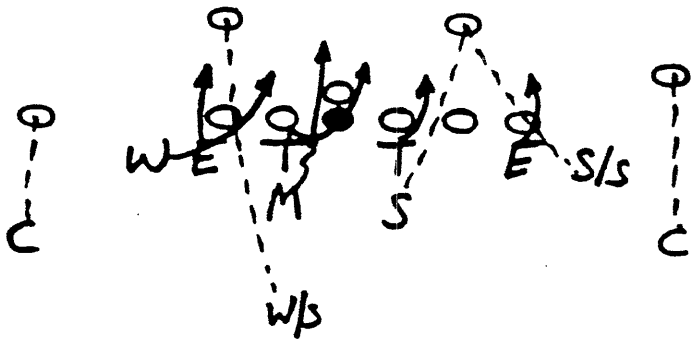
43 NKL WILL 67



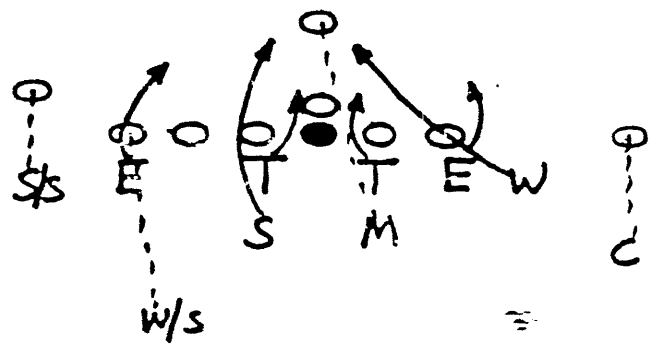
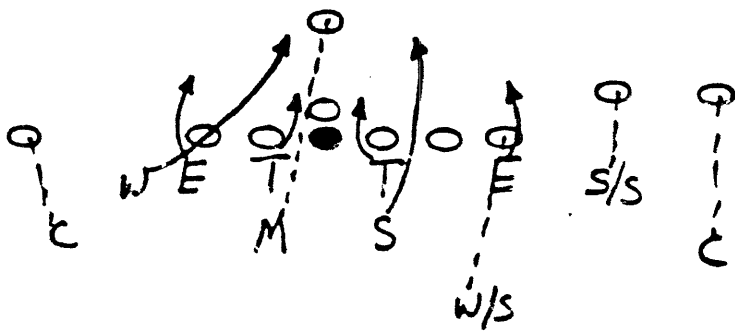
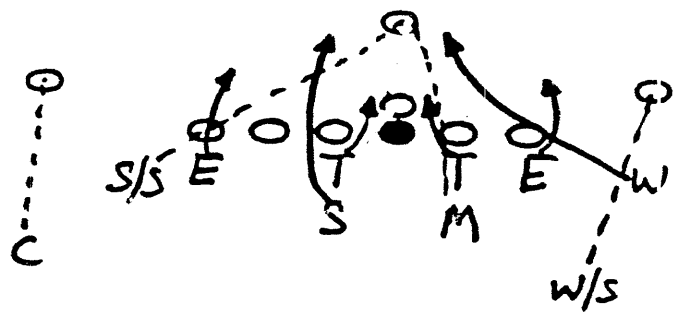
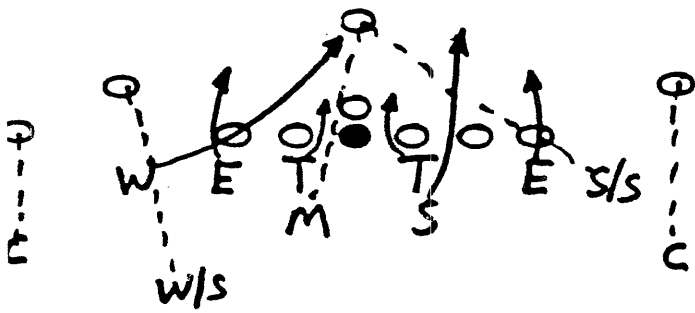
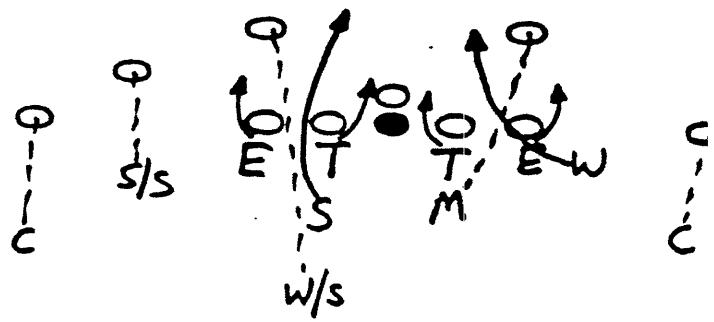
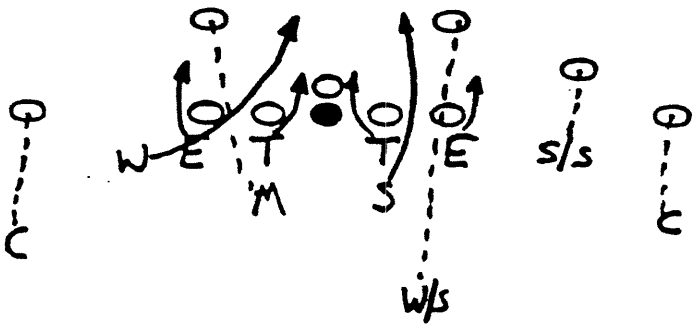
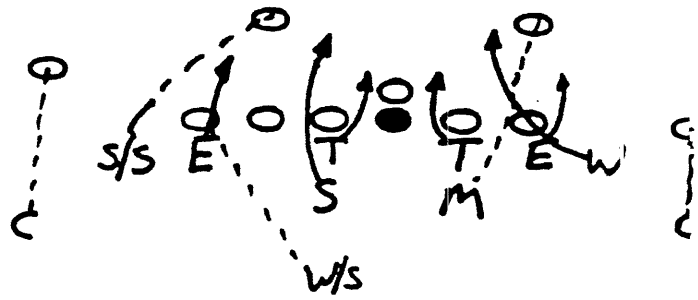
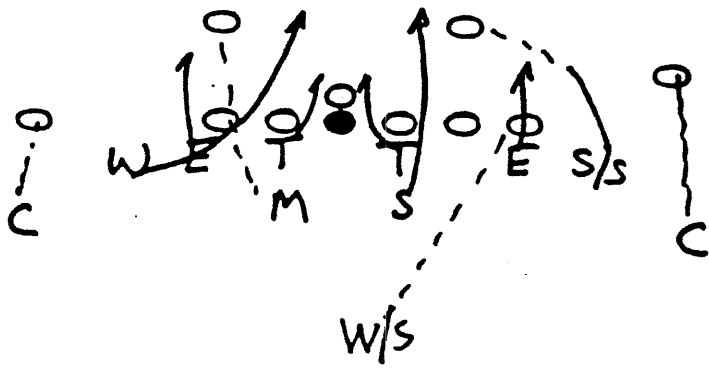
127

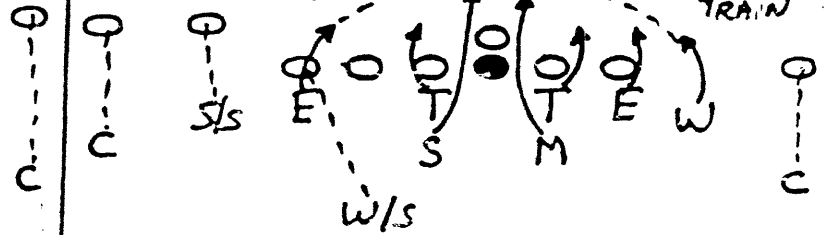
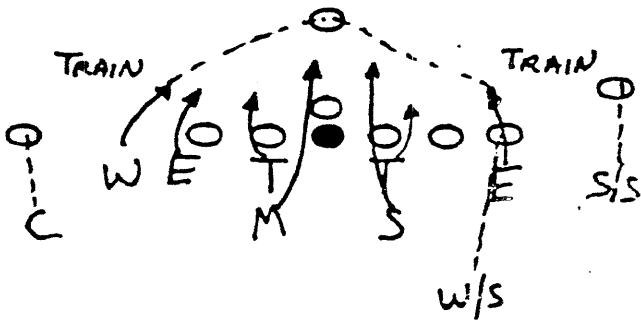
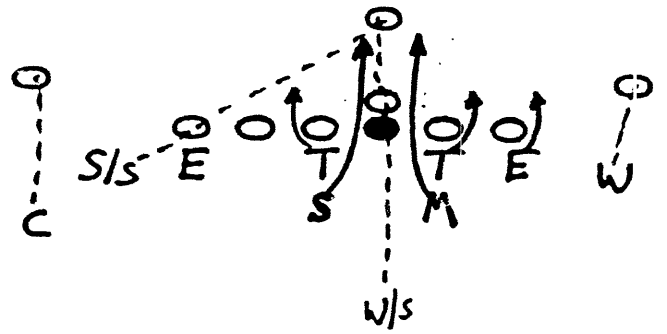
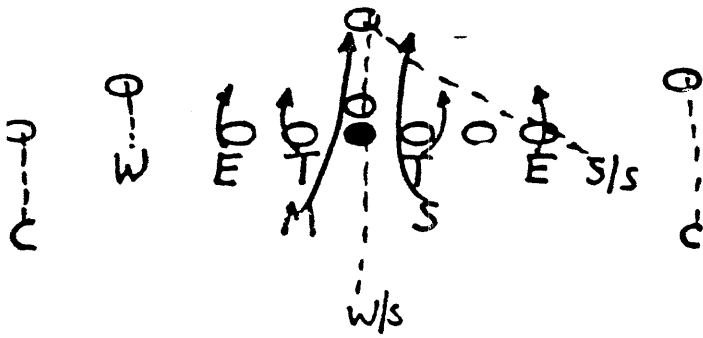
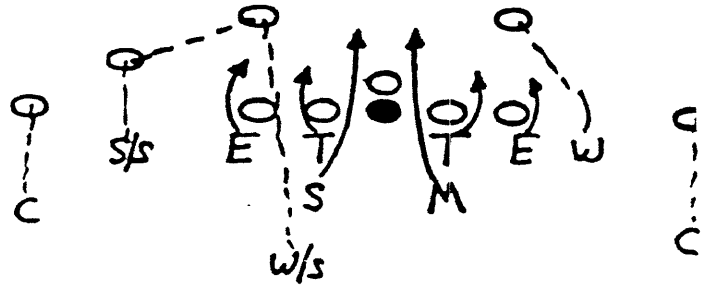
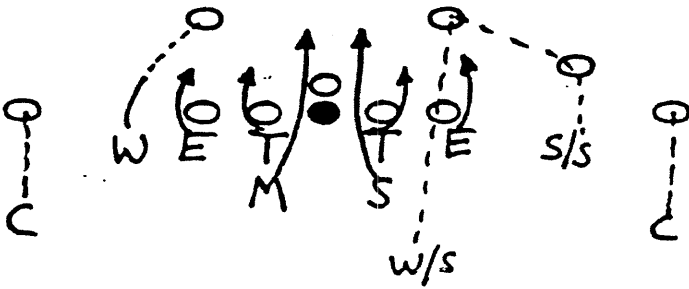
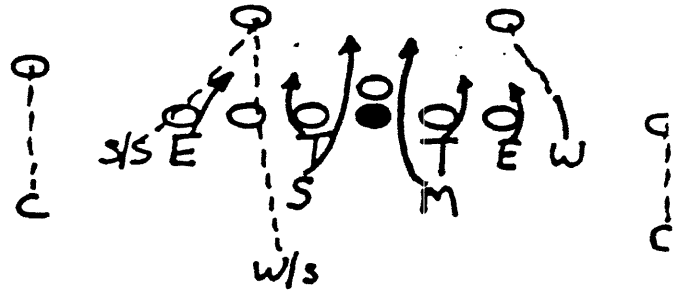
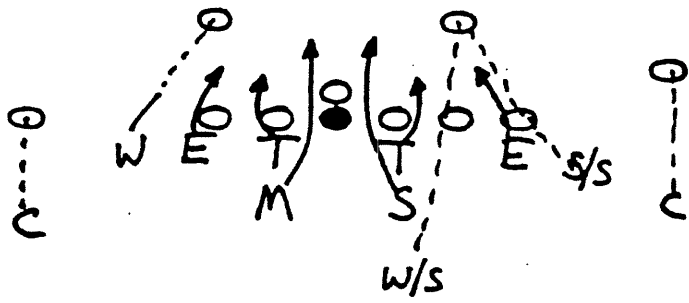
137

43 NKL WILL SAMURAI

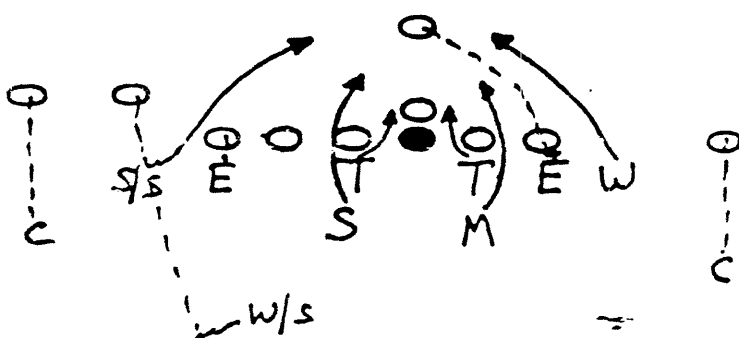
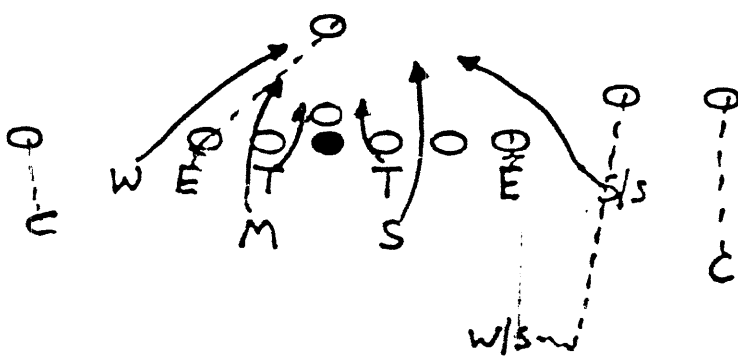
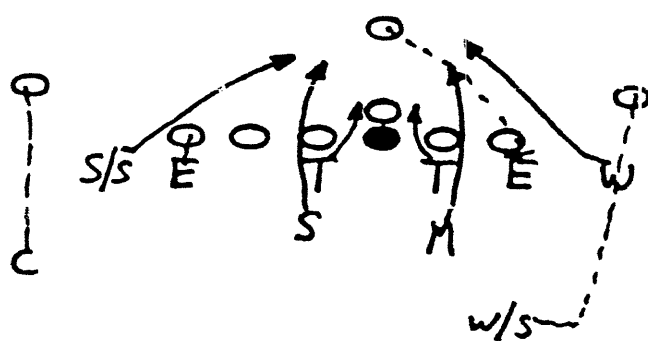
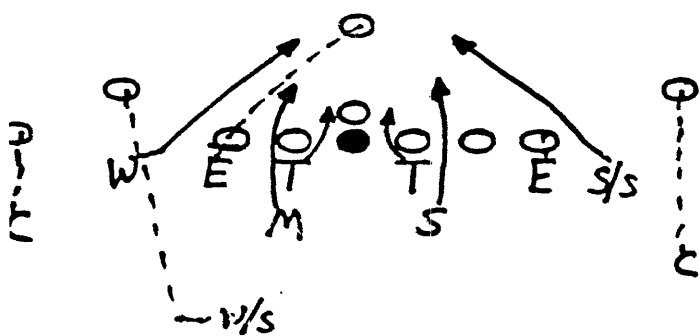
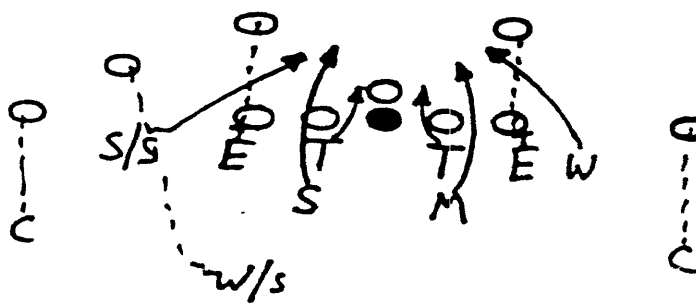
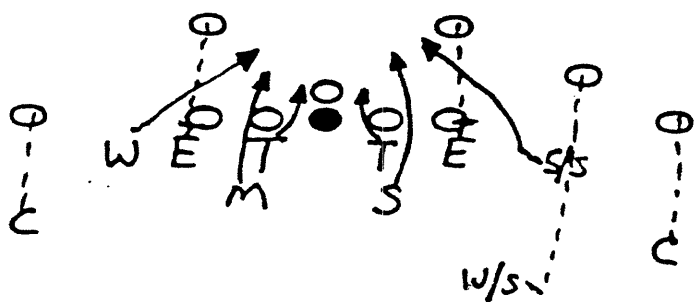
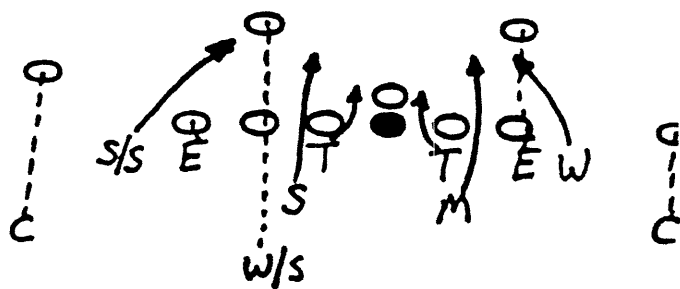
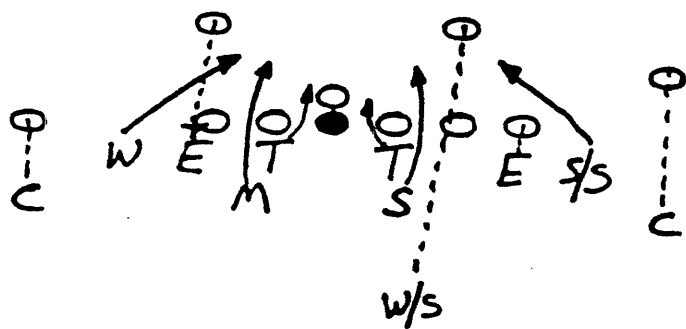


43 NKL SHOOT 40

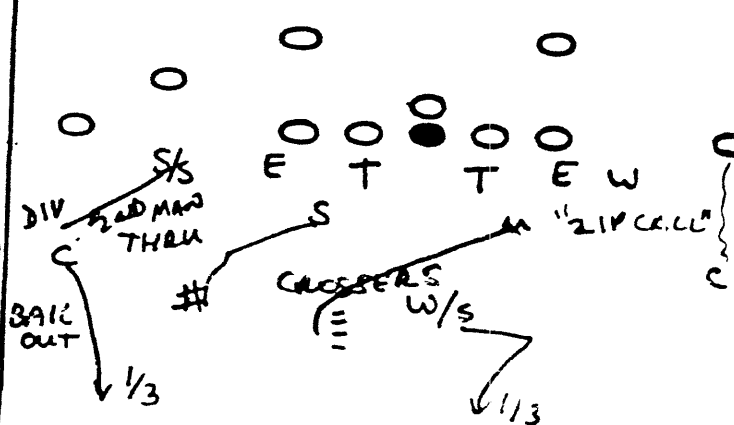
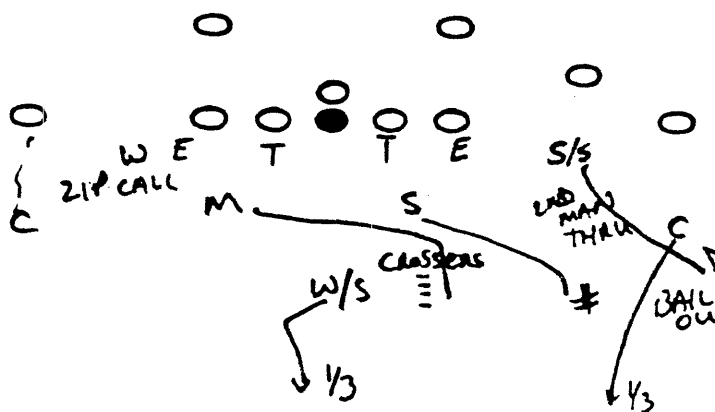
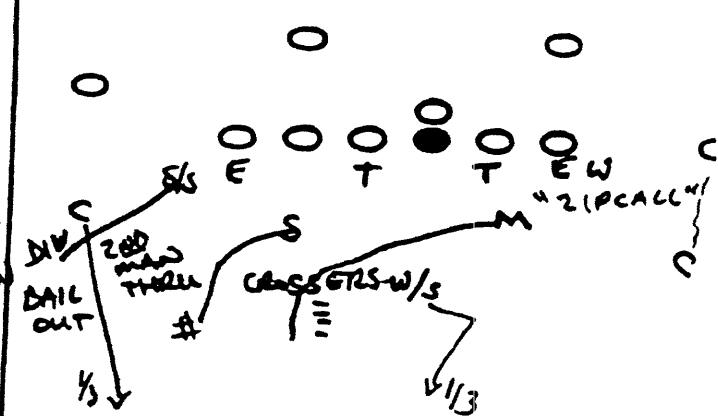
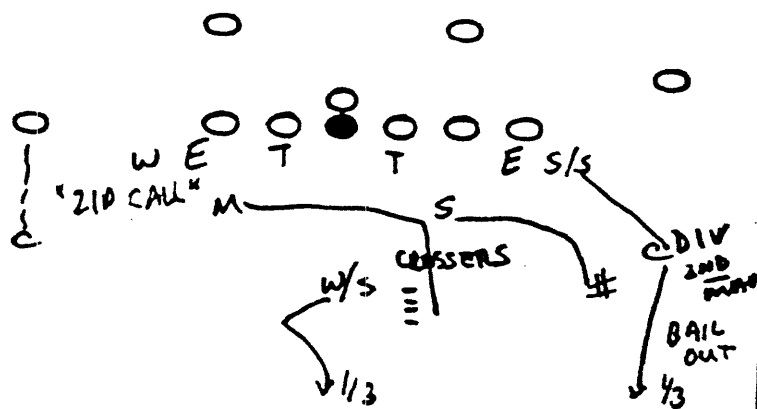




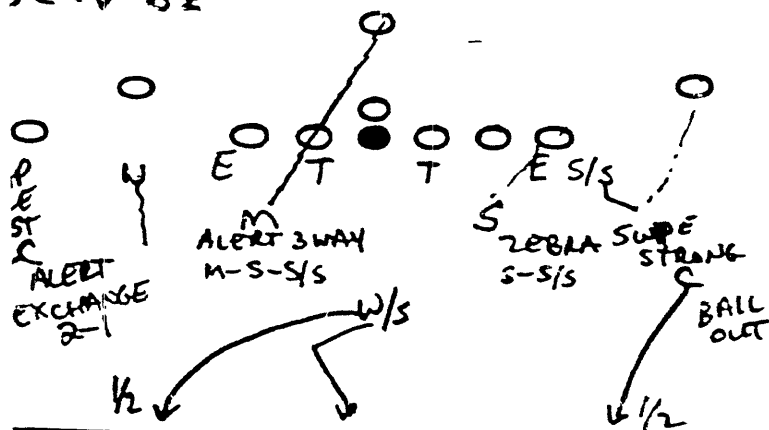
43 NKL ALL-OUT



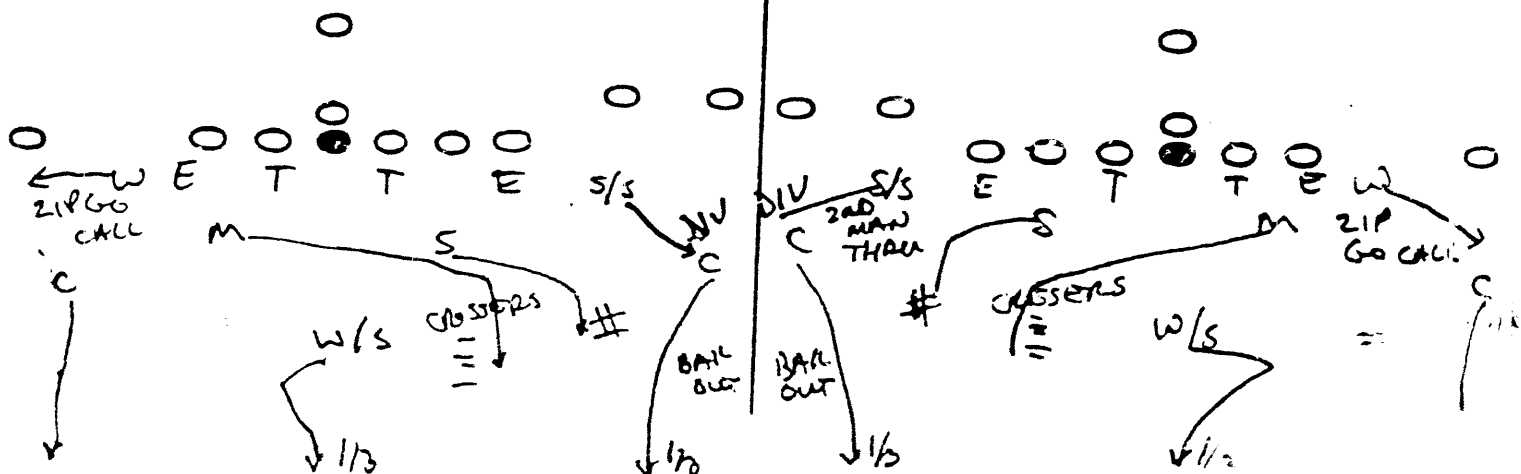
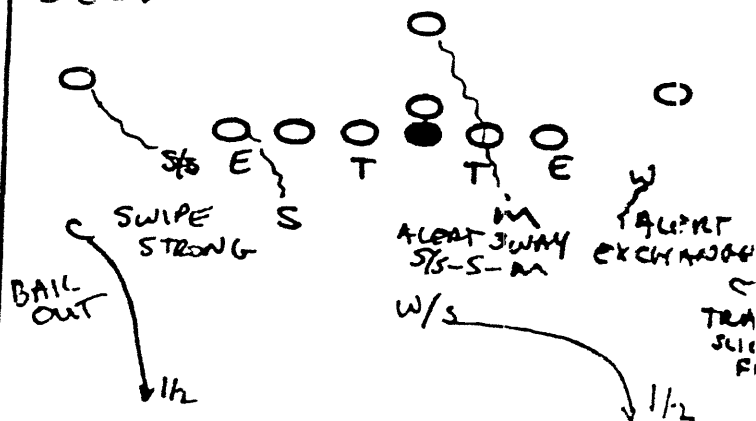
43 NKL 3#



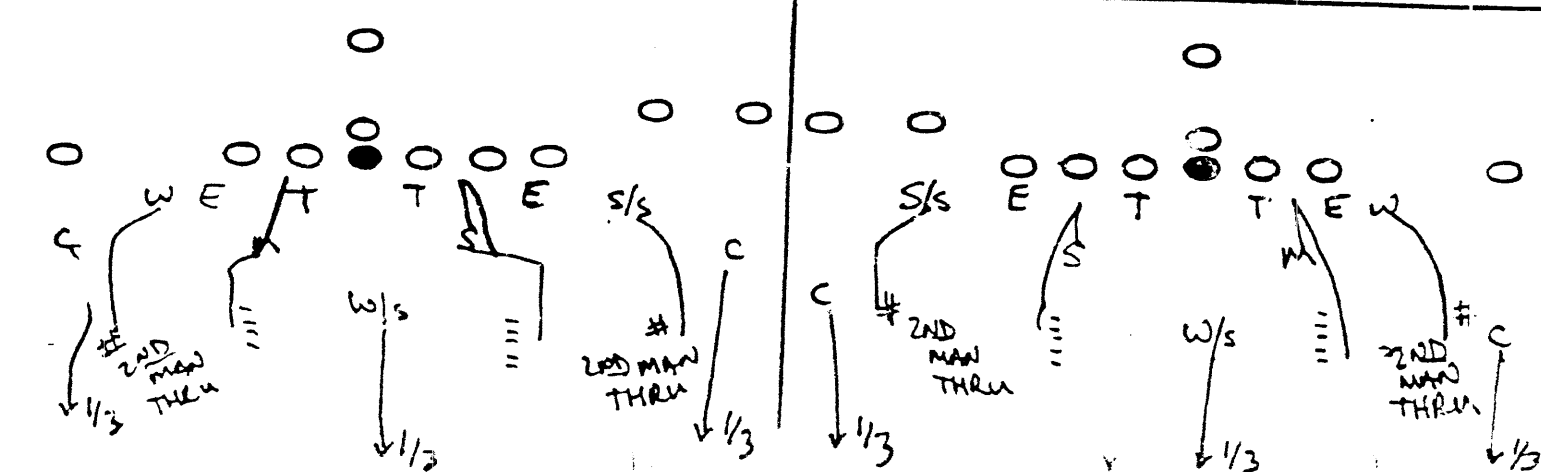
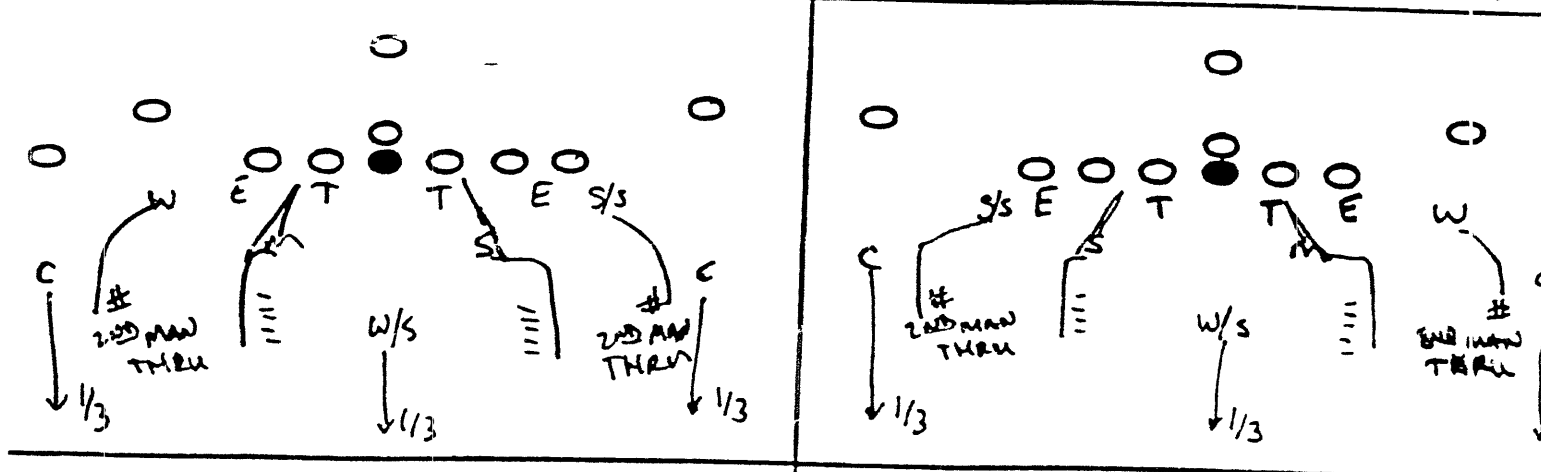
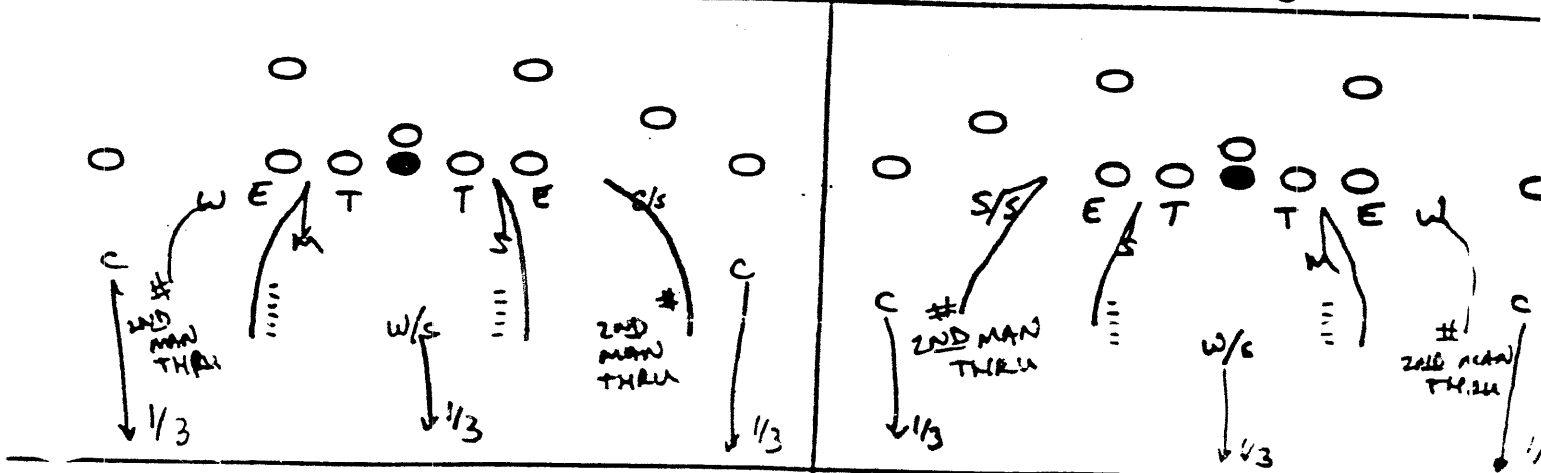
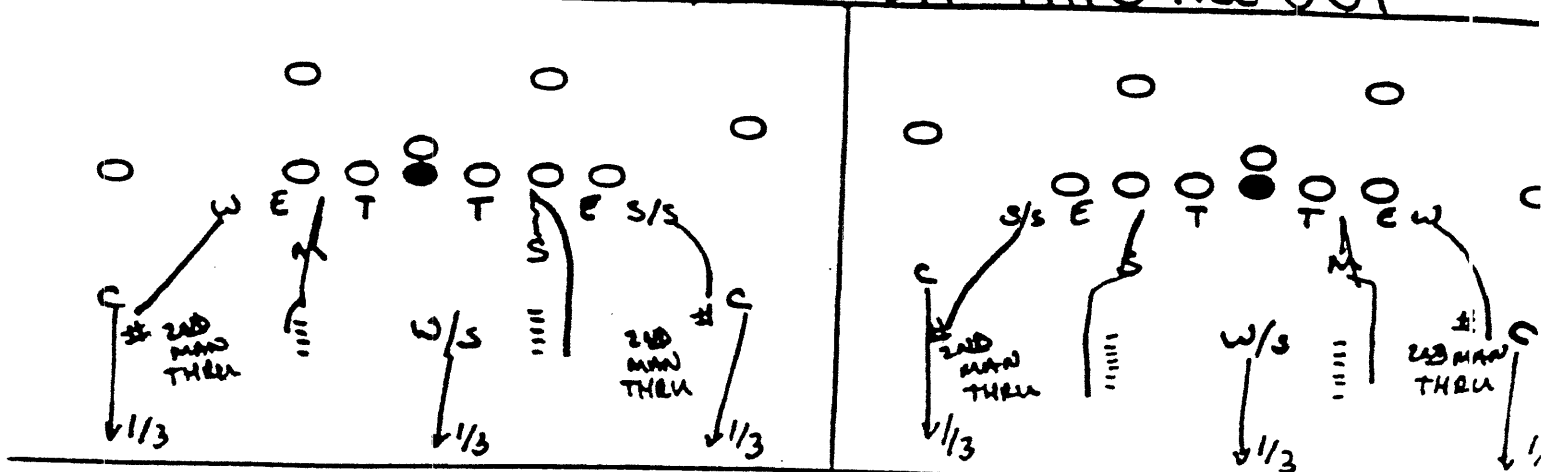
32 = √ 62

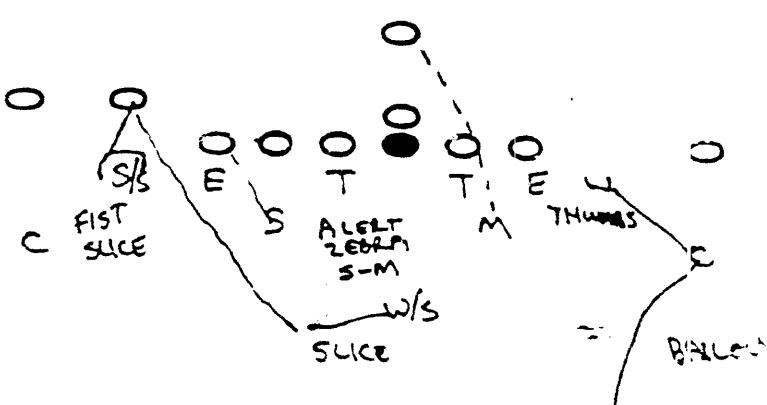
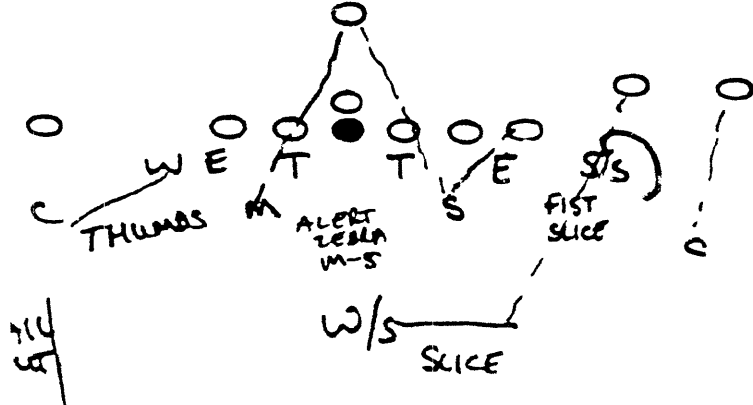
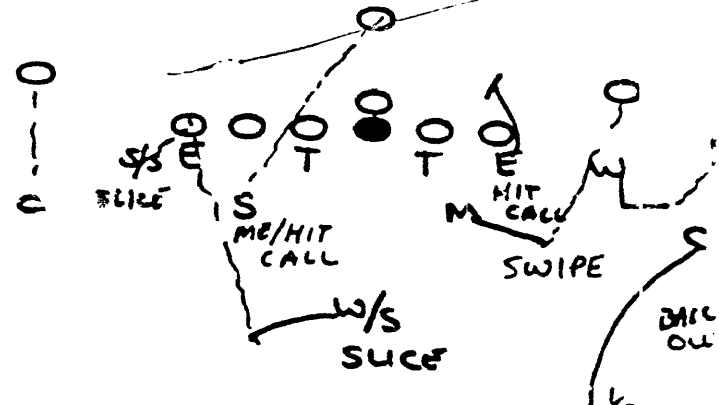
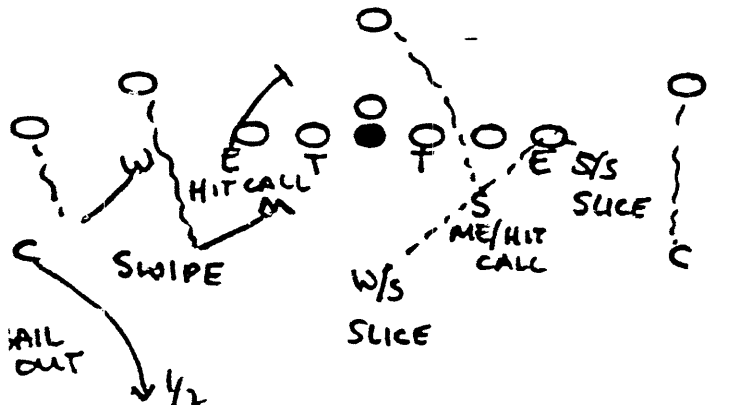
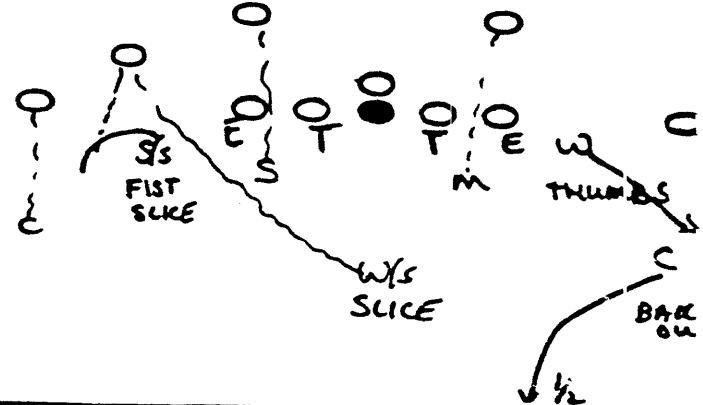
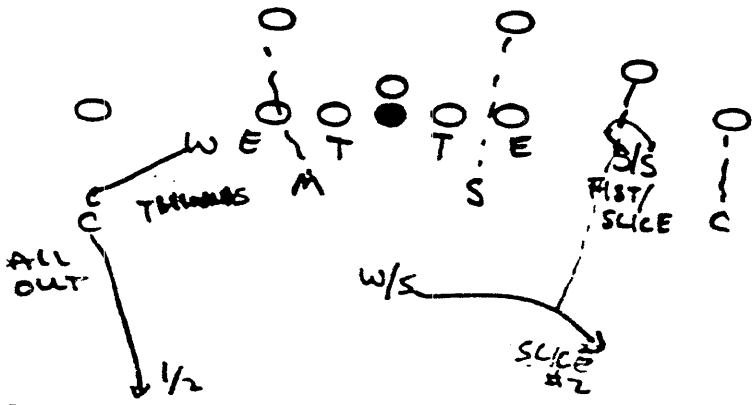
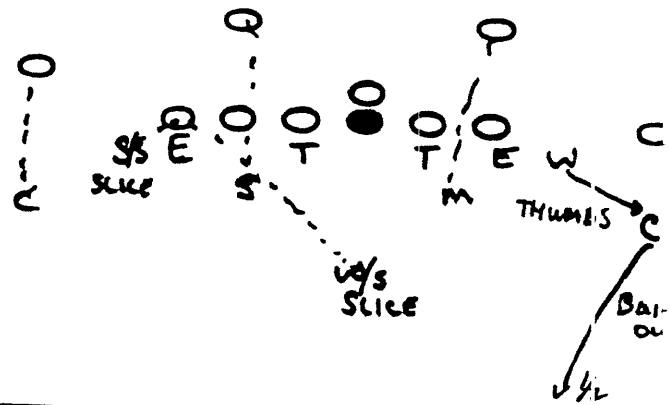
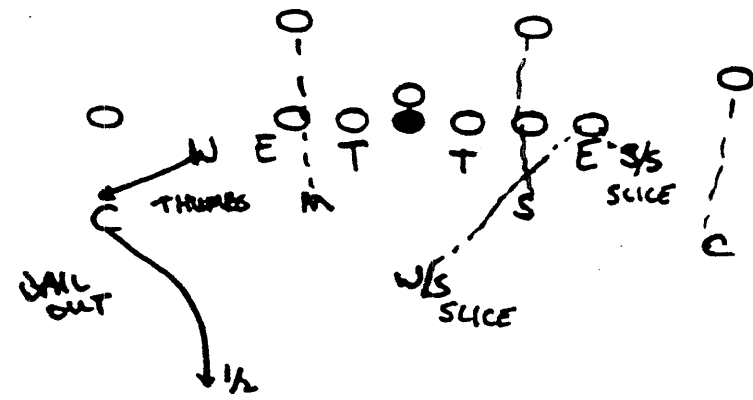


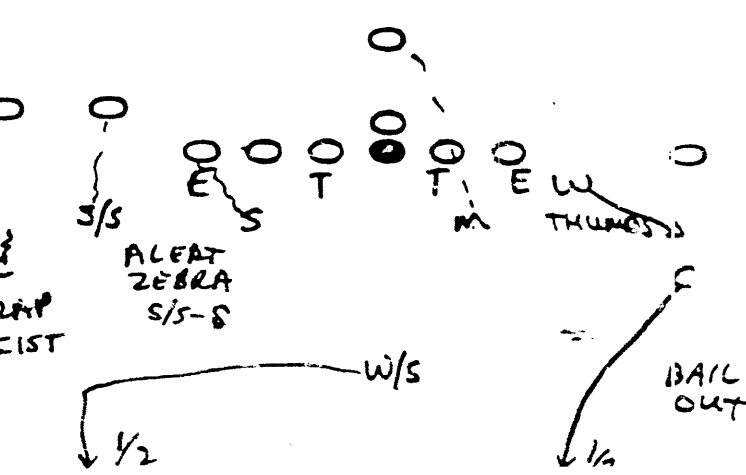
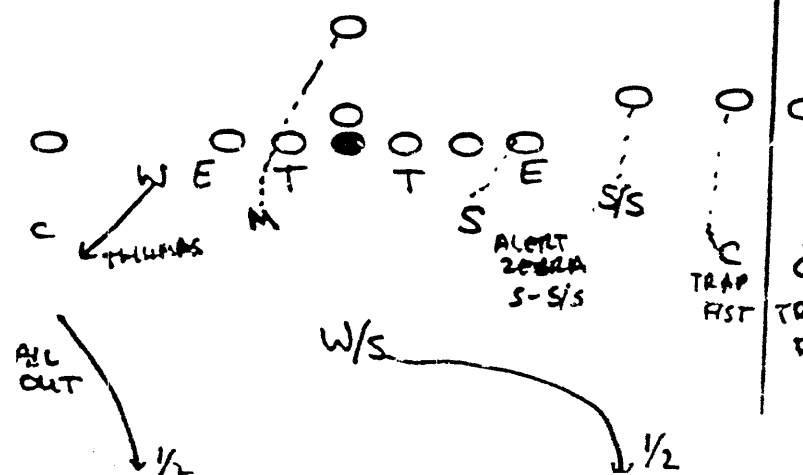
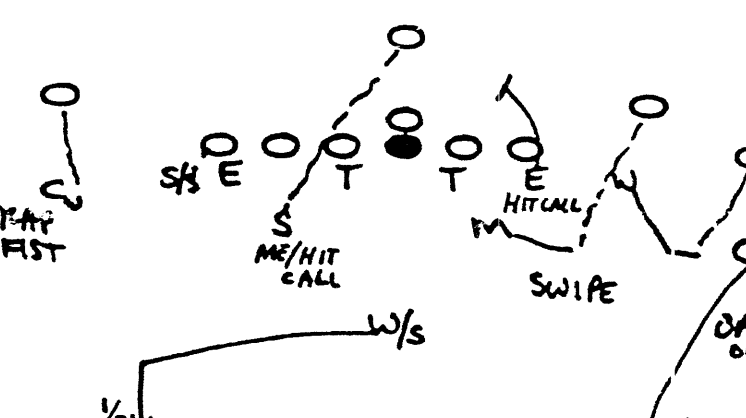
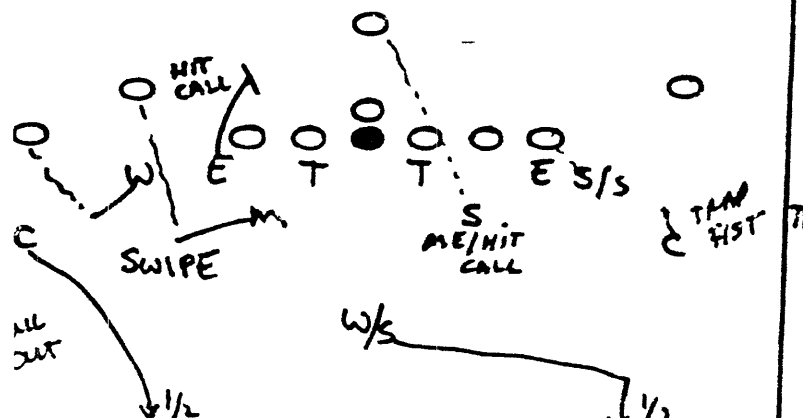
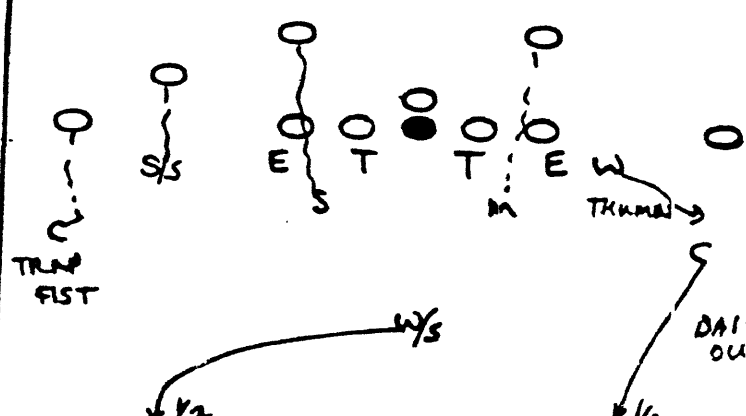
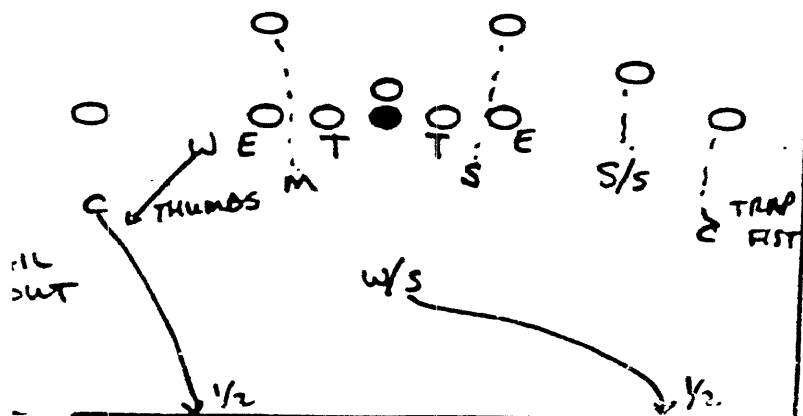
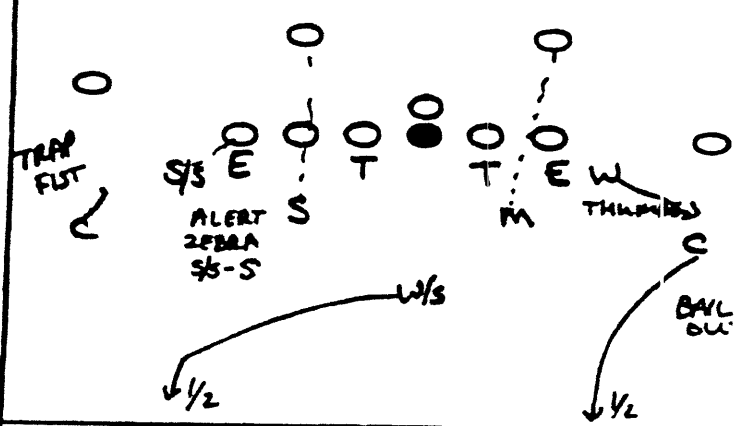
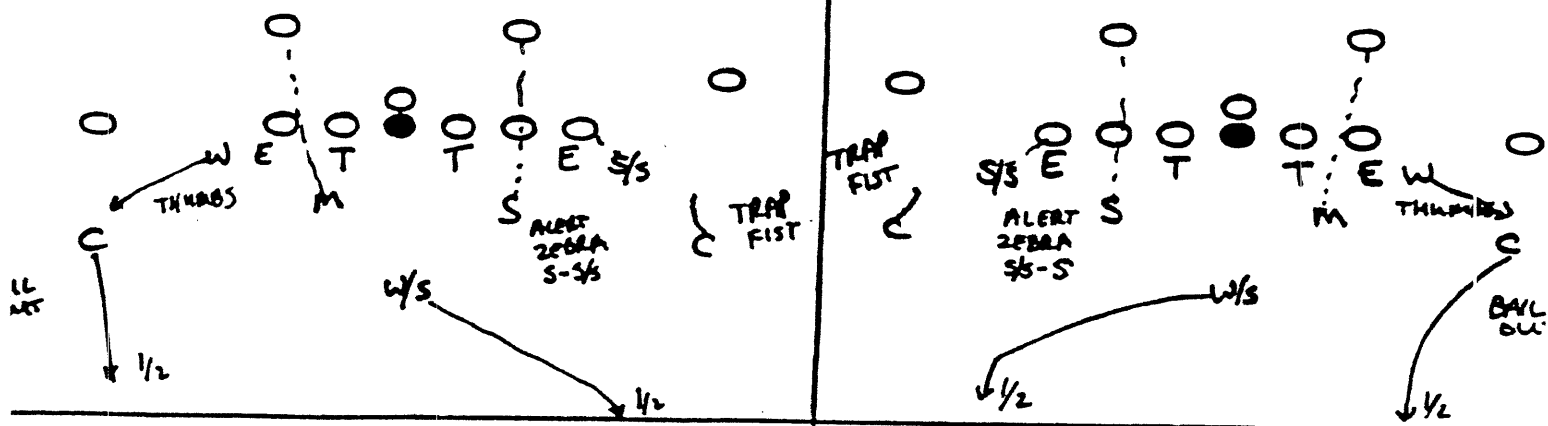
32 = √ 62

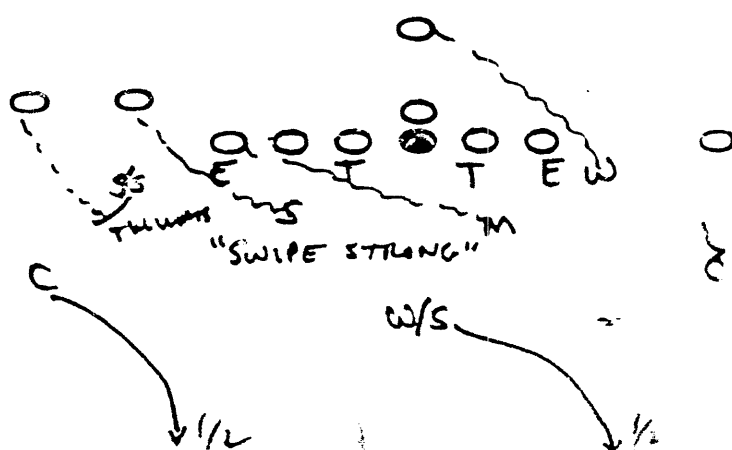
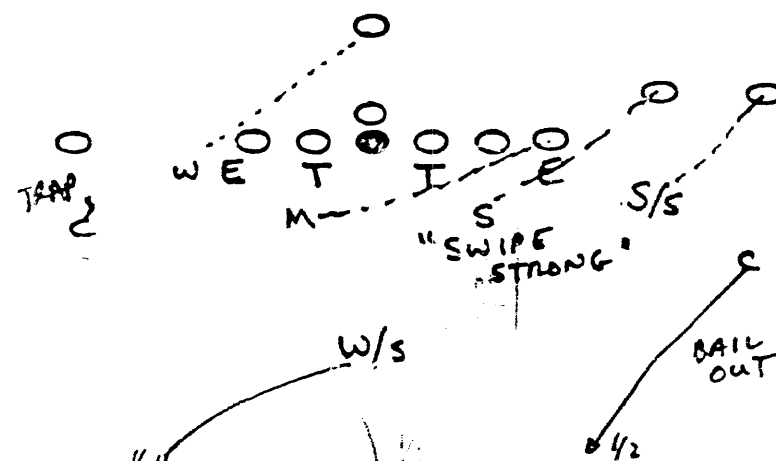
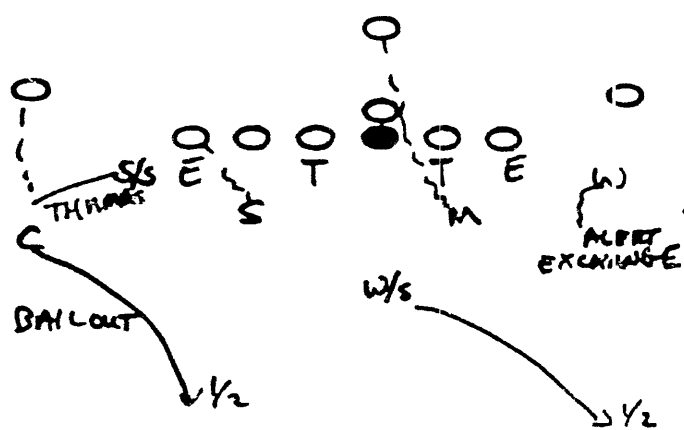
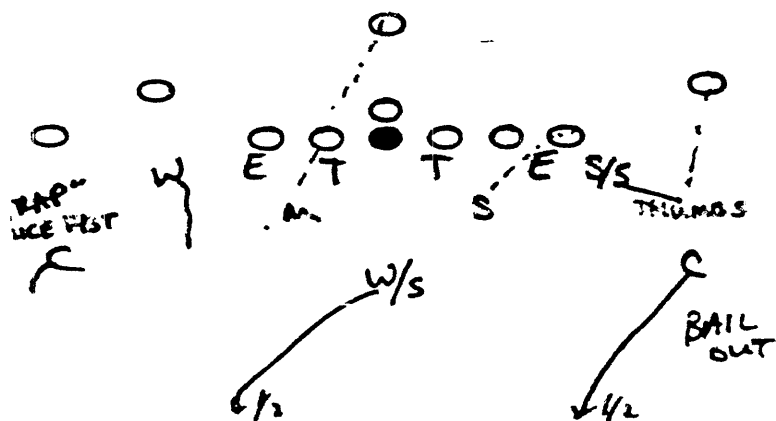
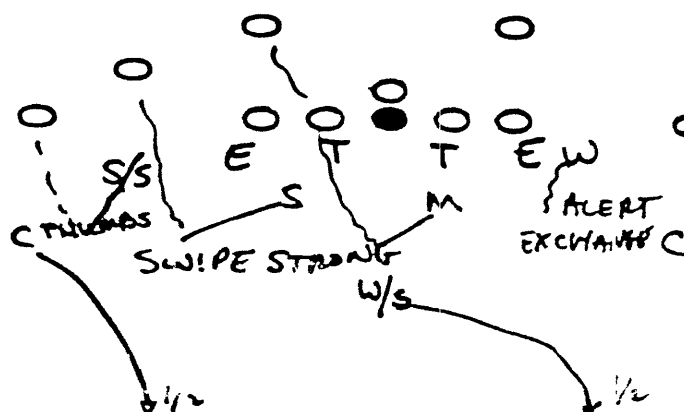
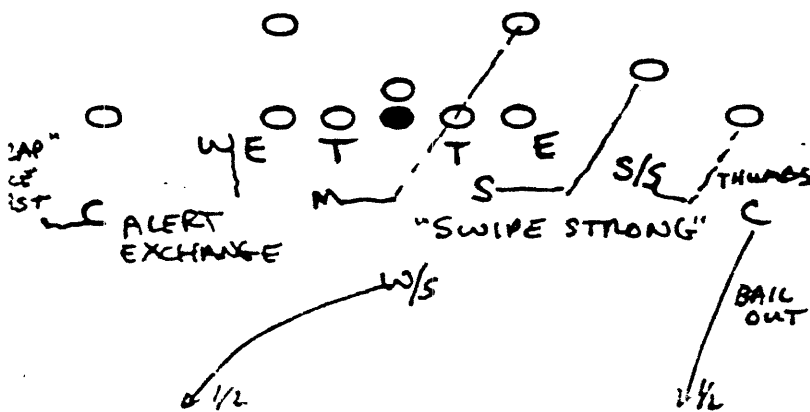
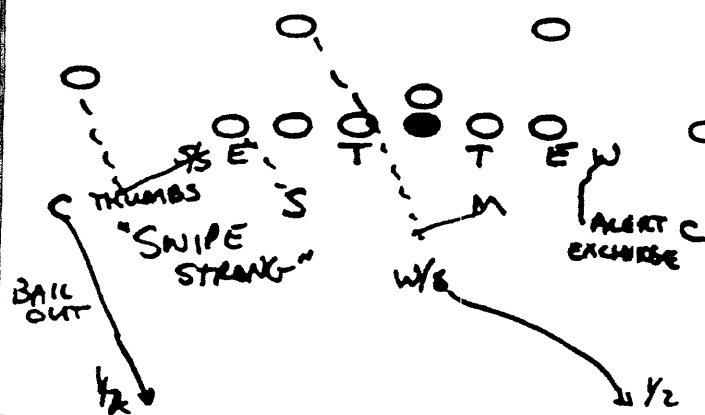


43 NKL 2# FAKE ALL-OUT

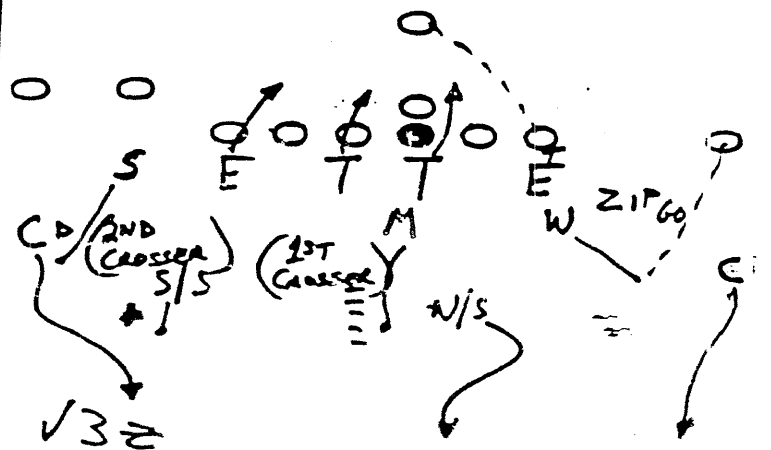
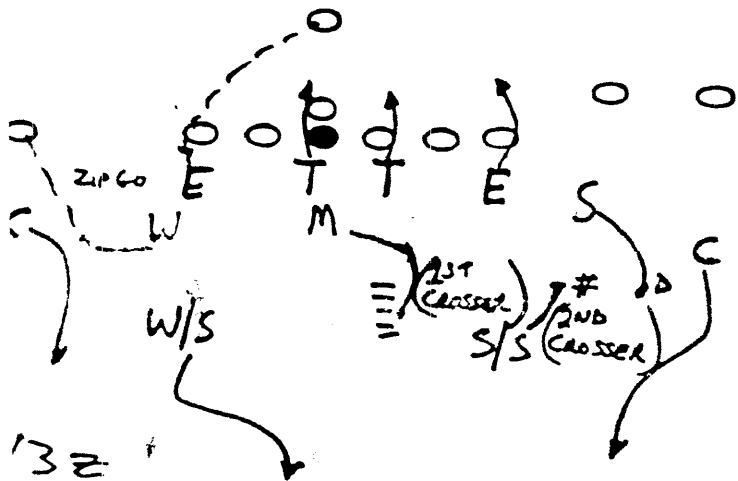
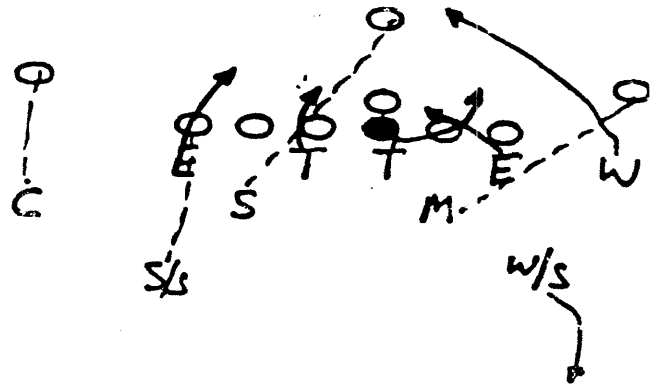
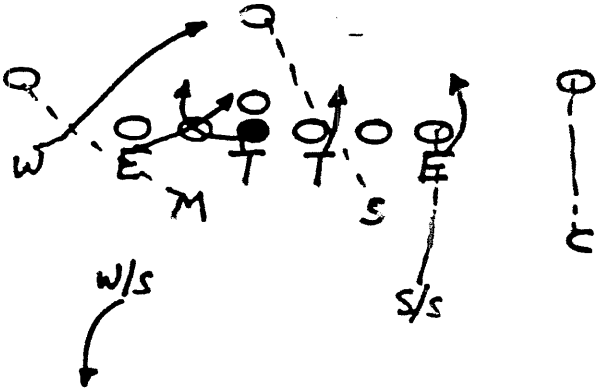
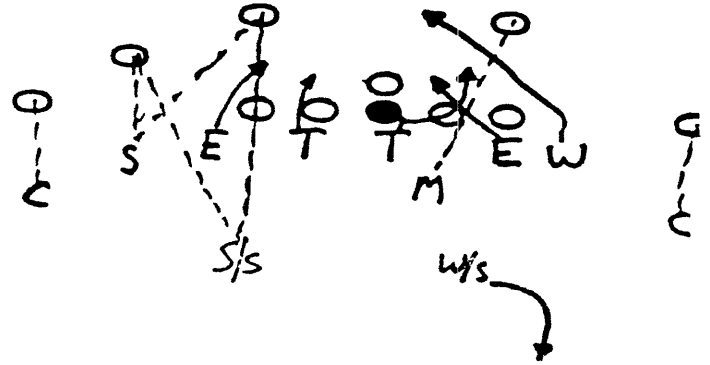
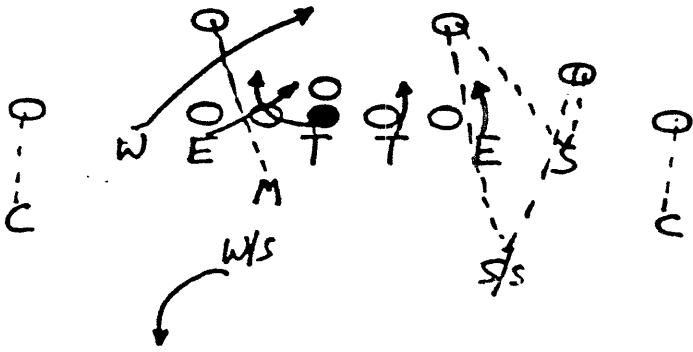
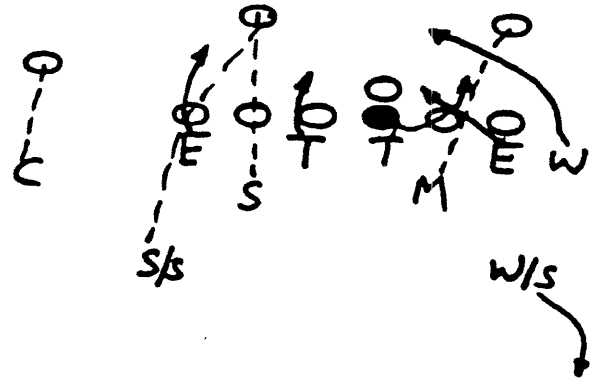
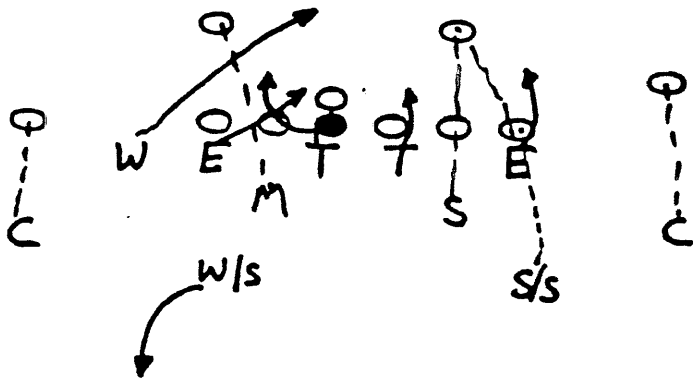




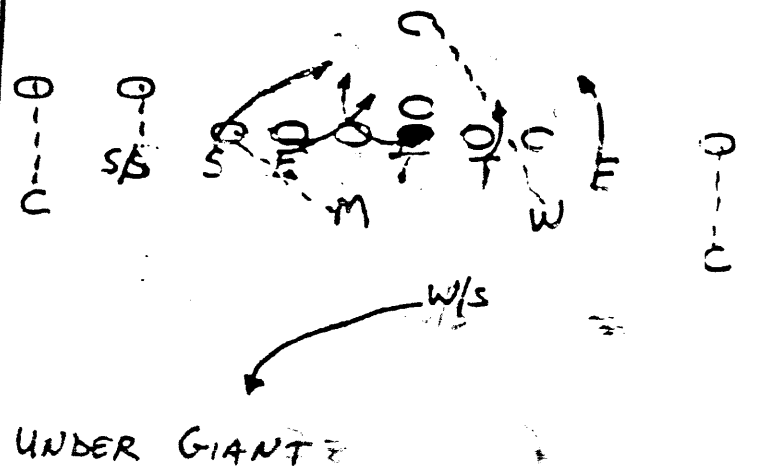
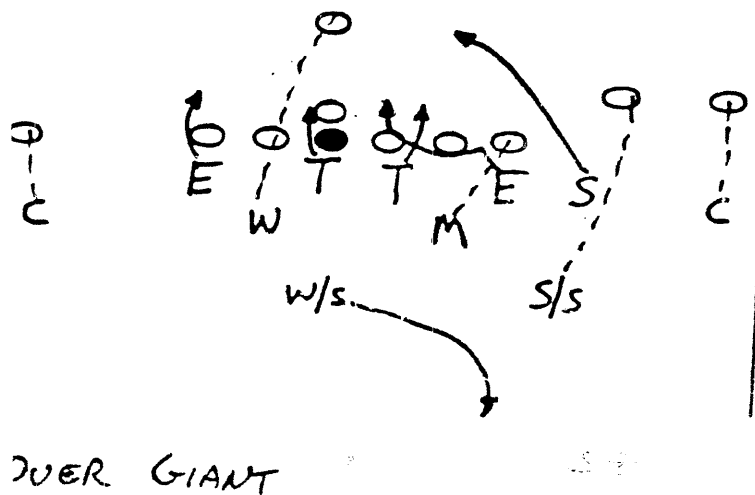
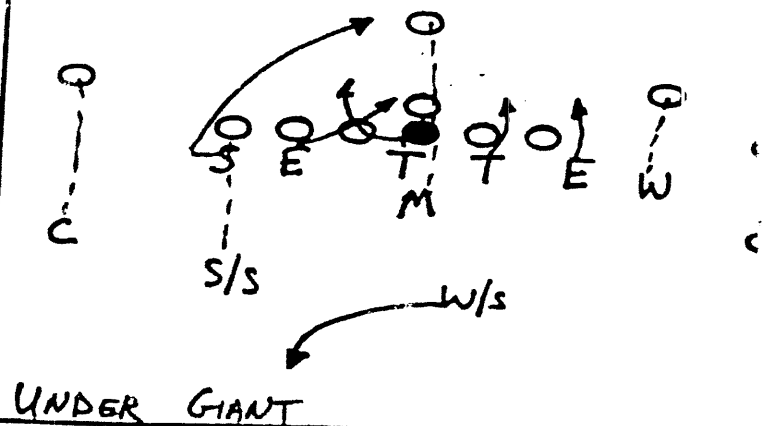
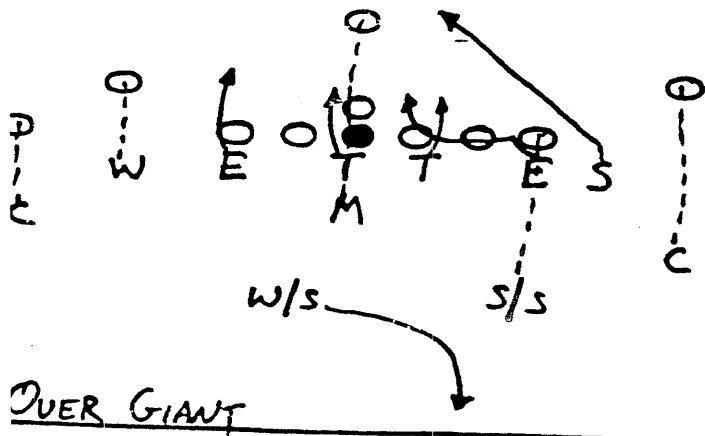
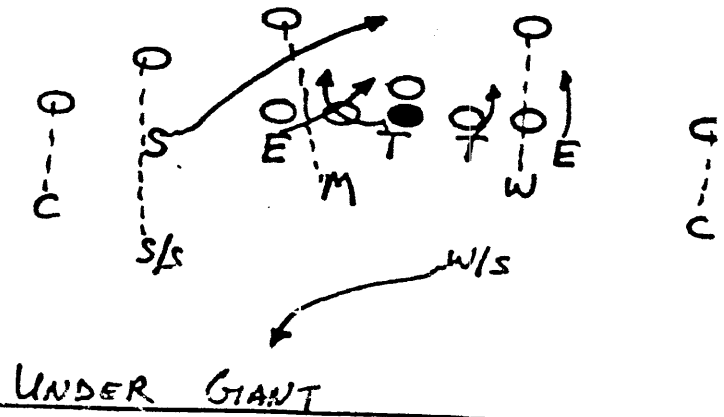
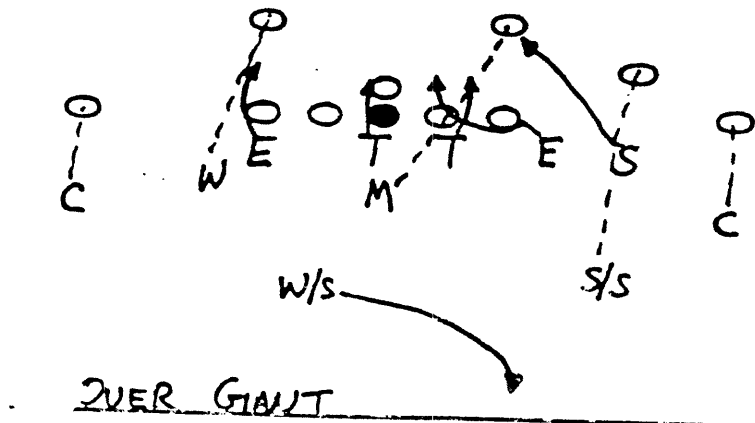
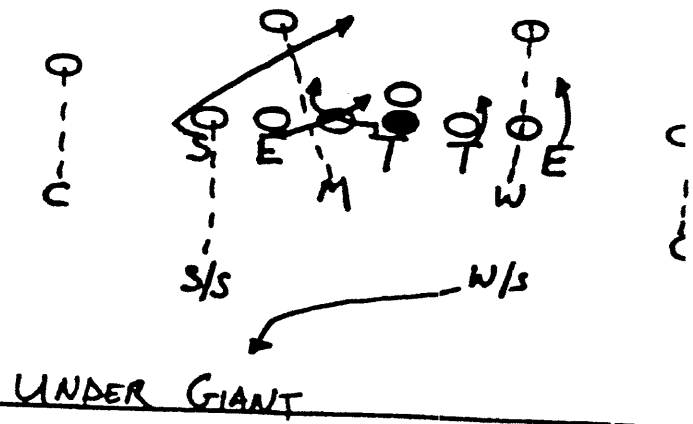
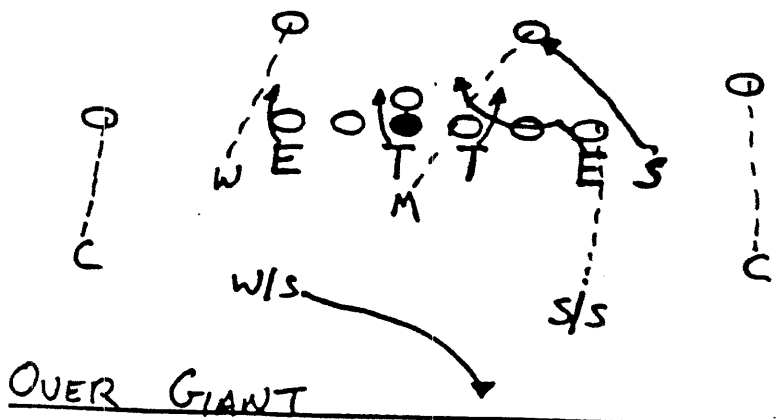


[illegible]

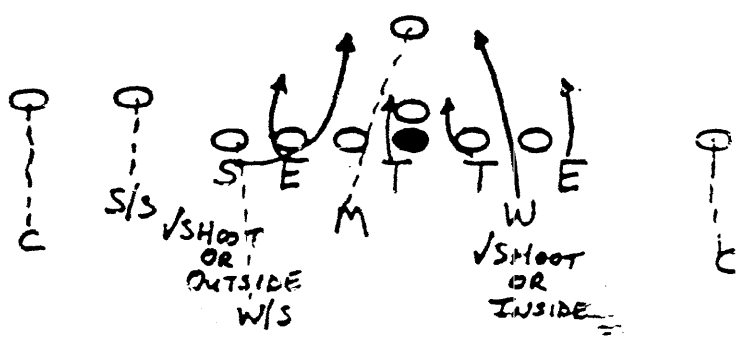
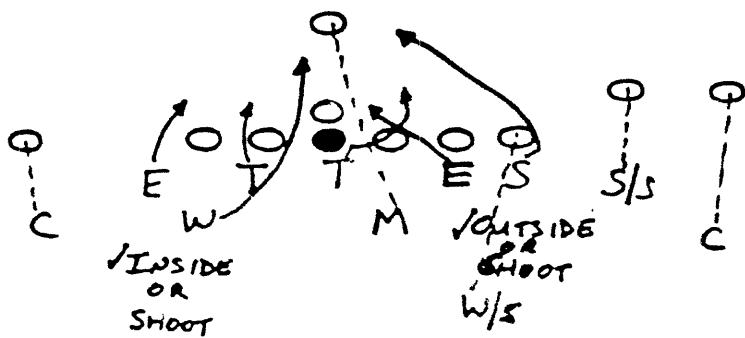
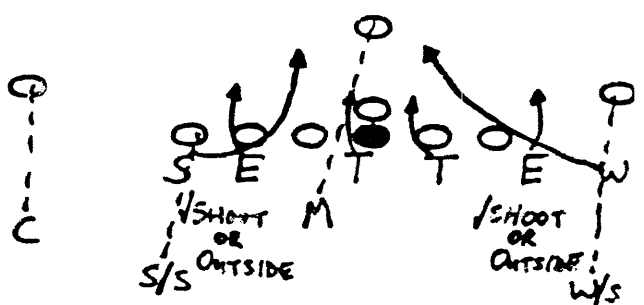
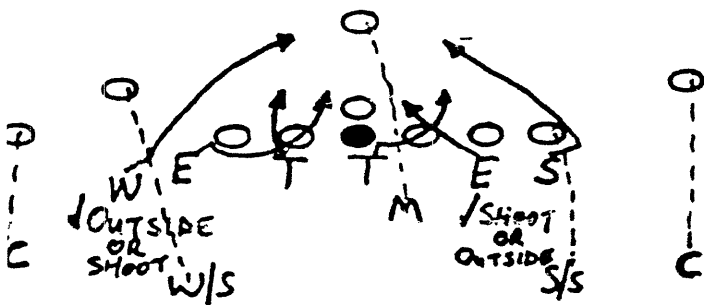
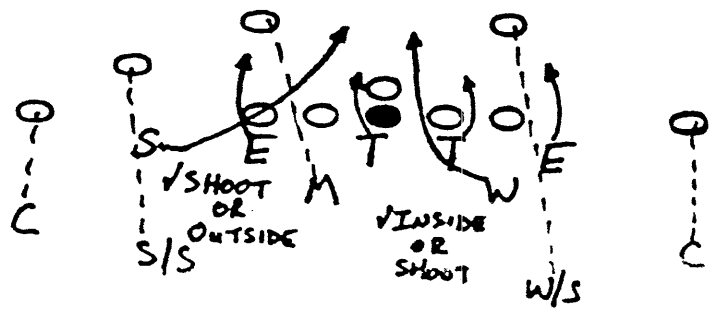
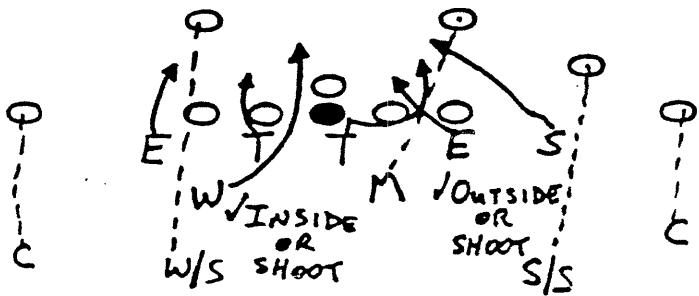
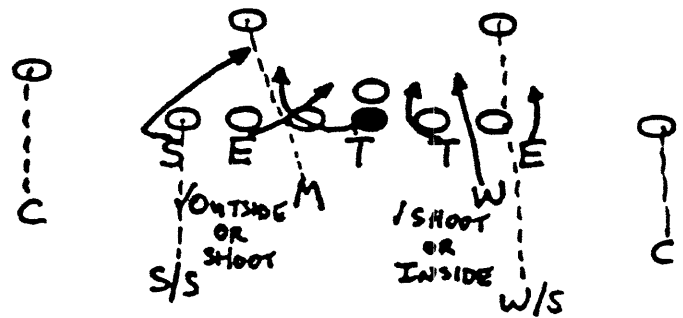
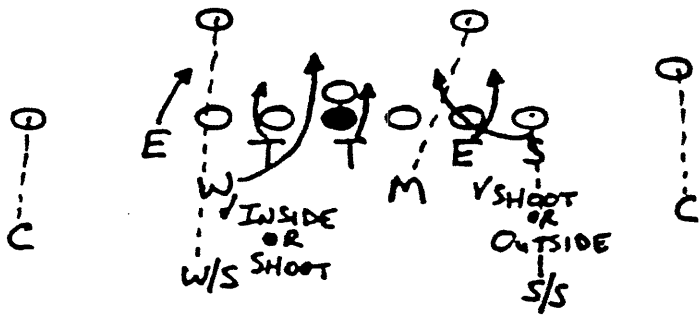
(NKL) OV WILL 6*



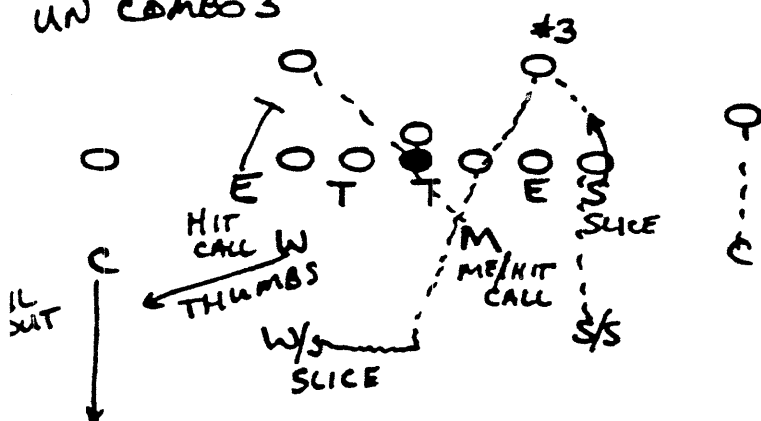
(NKL) OV / UN GIANT



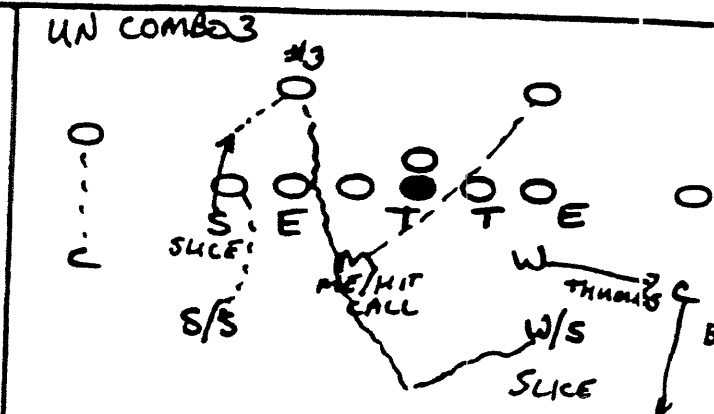
(NKL) UN 40



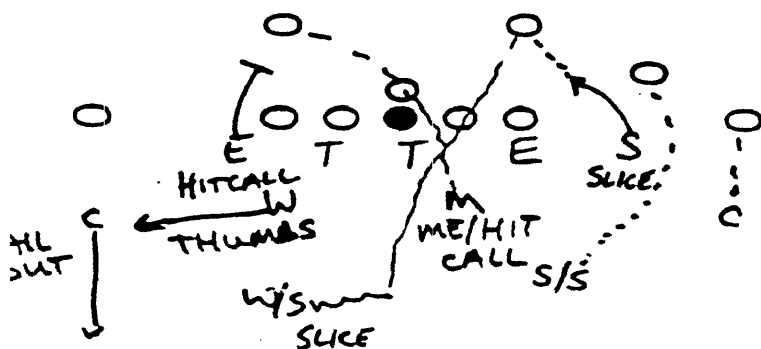
UN COMBO 3



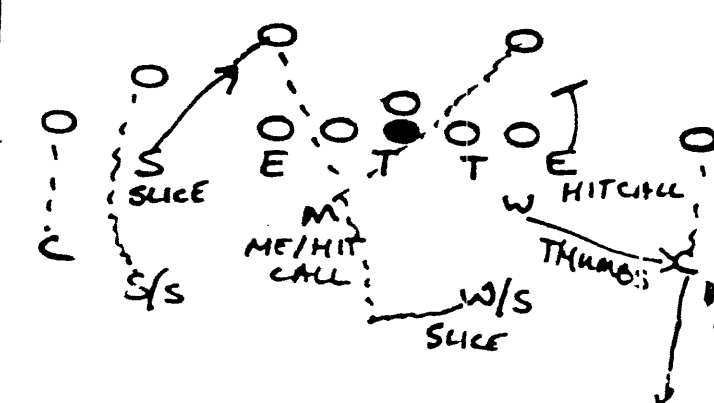
UN COMB23



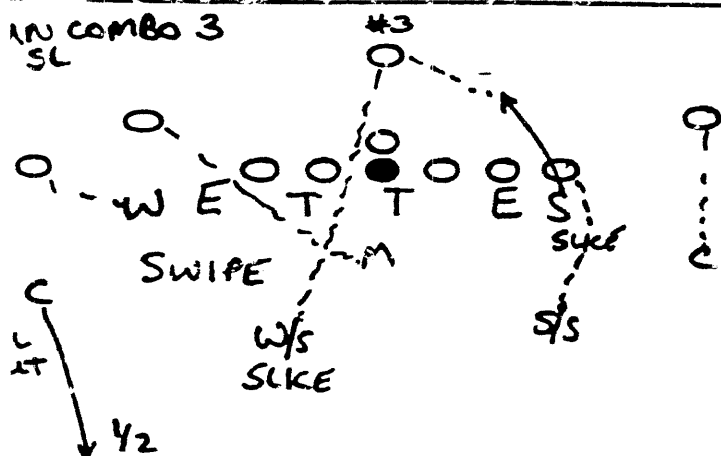
UN COMBO 3



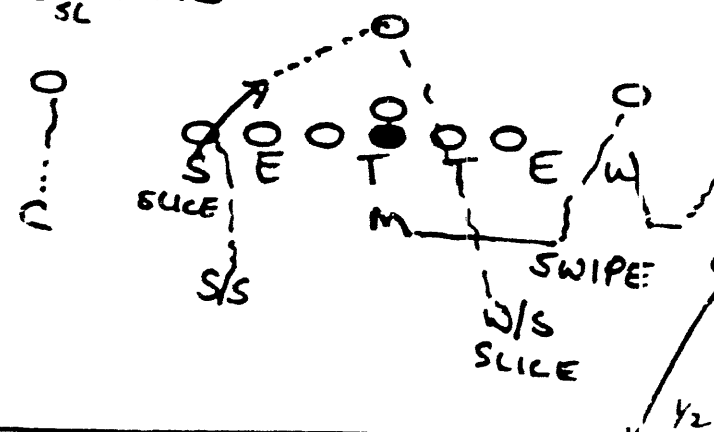
UN COMBO 3



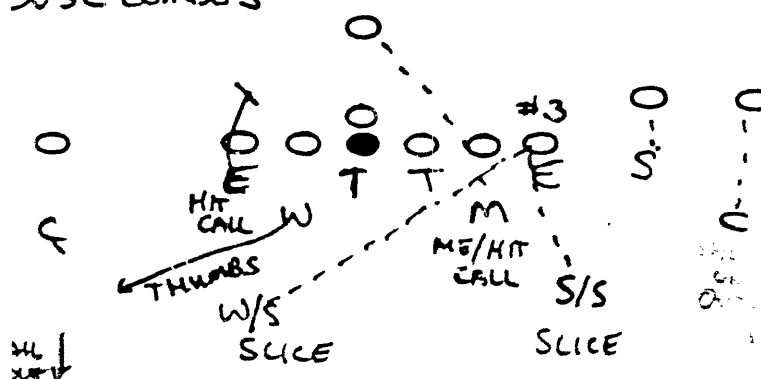
IN COMBO 3
SL



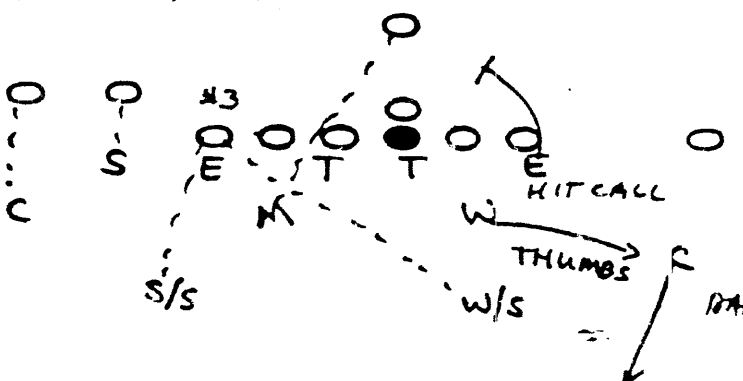
UN COND. 3
56



2USC COMBO 3

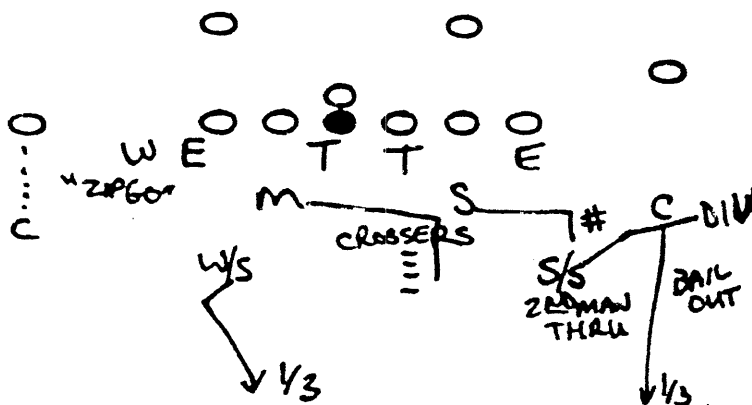


OV SL COMBO 3

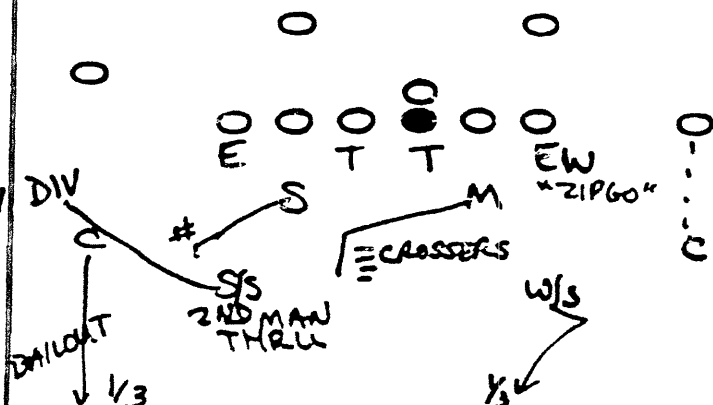


(NKL) OU/UN 32

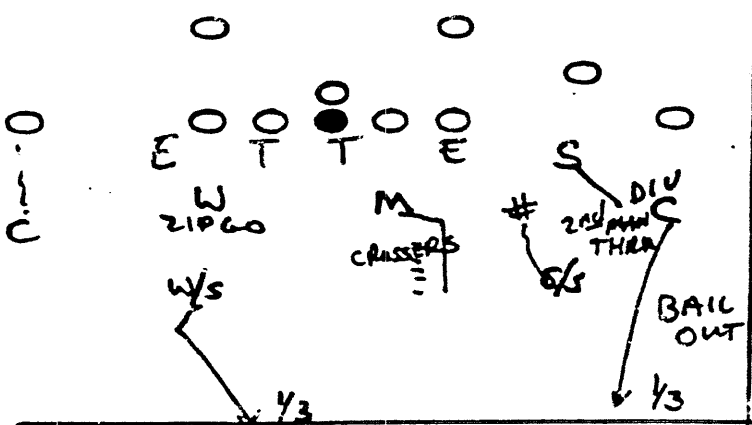
1 32



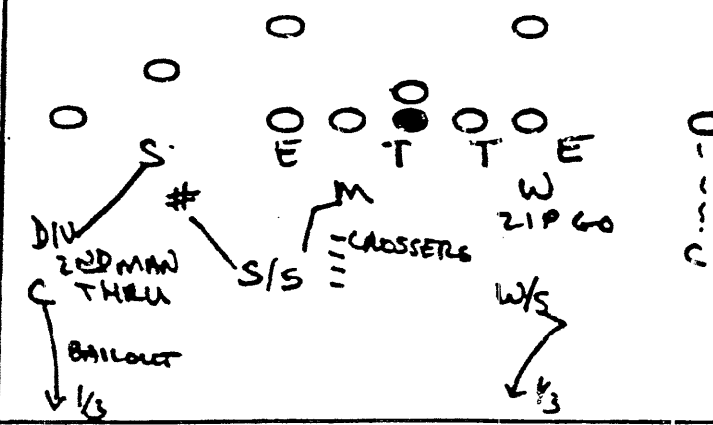
OU 32



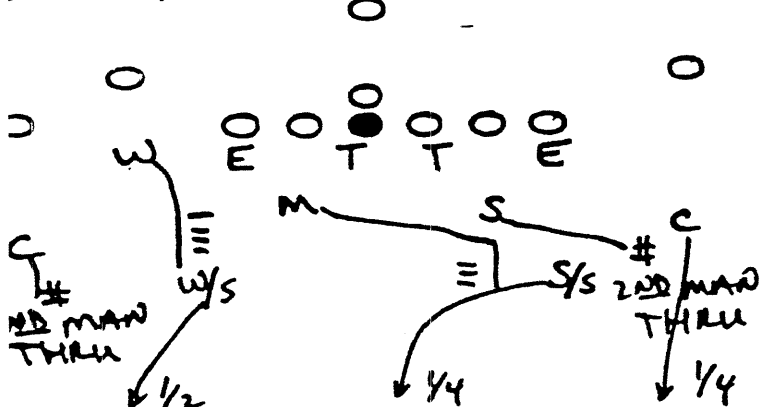
N 32 BLUE



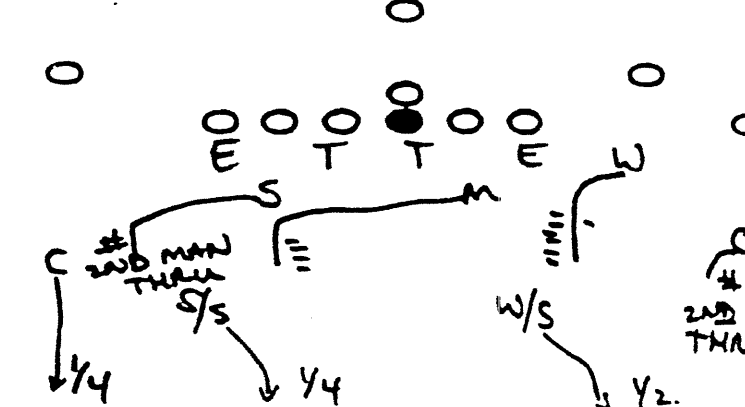
UN 32 BLUE



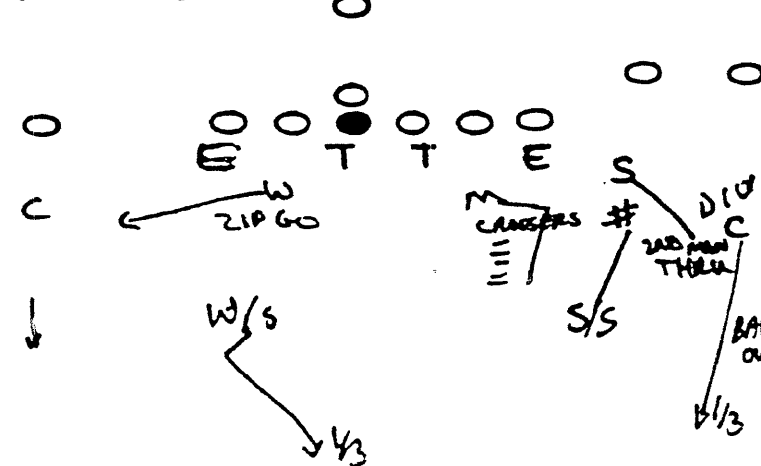
OU 32 ✓ 4 CORA



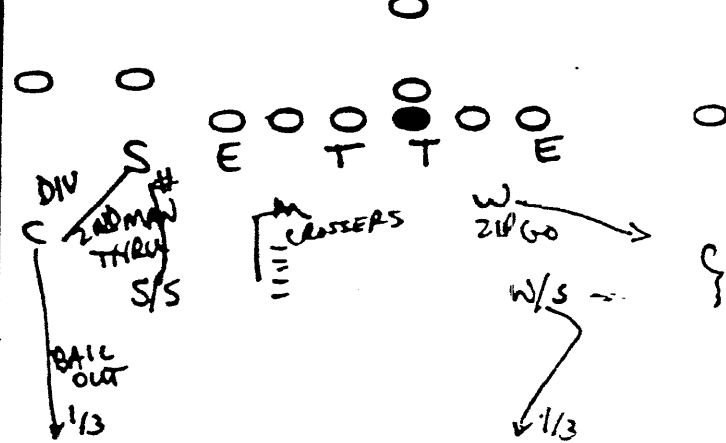
OU 32 ✓ 4 CORA



VSL 32 BLUE

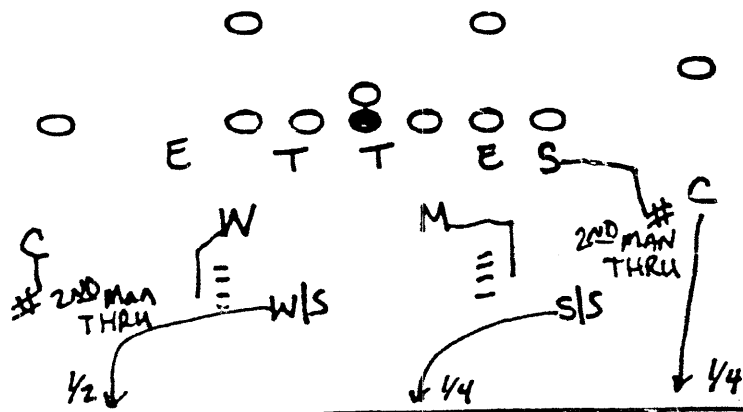


OU VSL 32 BLUE

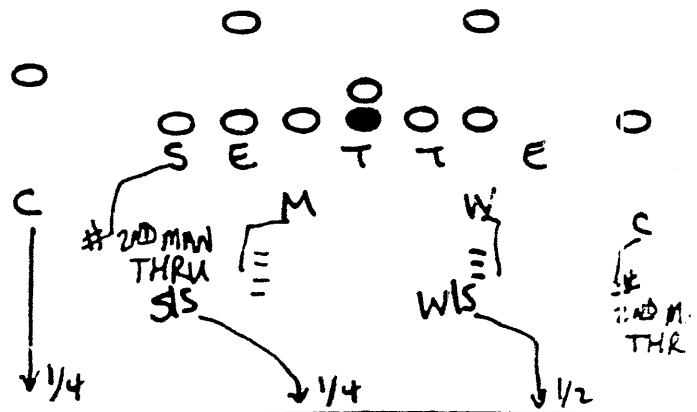


(NKL) OV / UN 4 CORA

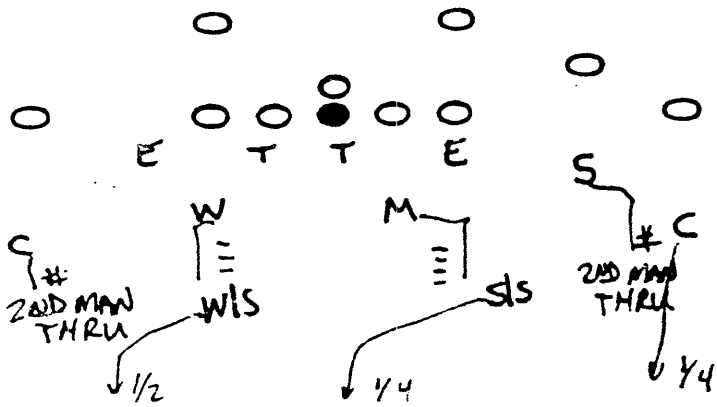
UN 4C



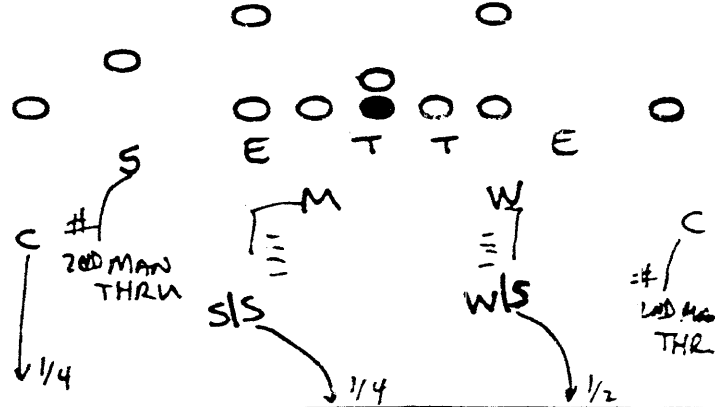
UN 4C



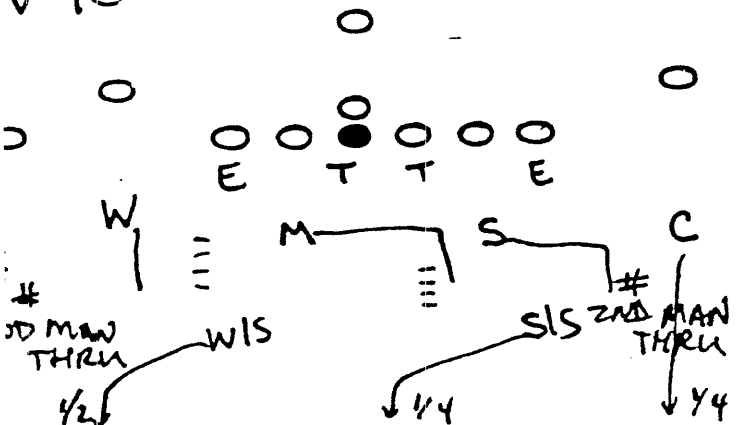
UN 4C



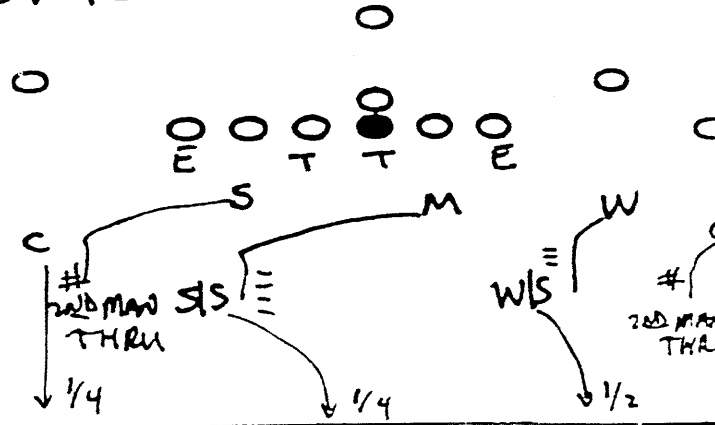
UN 4C



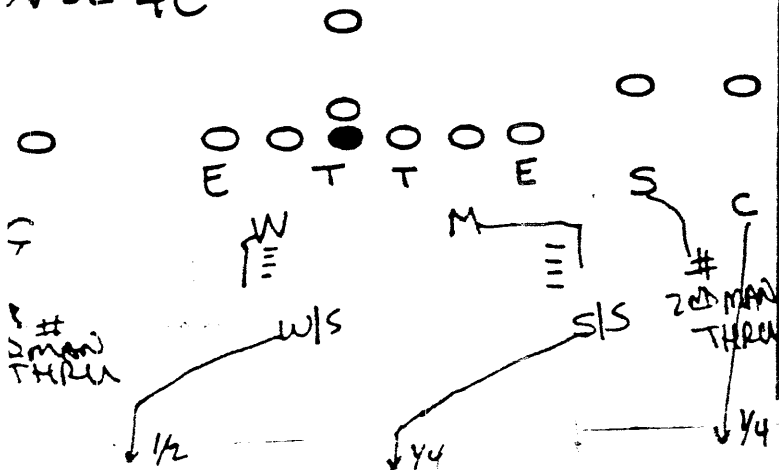
V 4C



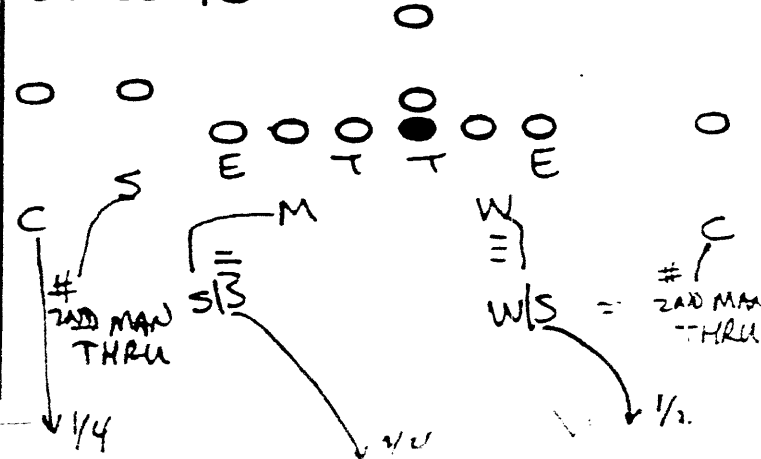
OV 4C



OV SL 4C



OV SL 4C



NICKEL

OVER/UNDER NKL

COVERAGES

4 CORA = VS. ALL FORMATIONS
3* = $\sqrt{4}$ CORA VS. BALANCED
COMBO 3 = VS. ALL FORMATIONS

BLITZES

UN 40 = PLAY IT
OV/UN GIANT = PLAY IT
OV WILL 6* = $\sqrt{4}$ CORA VS.
TWIN OPEN
(ALIGNED OR MOTION TO)

43 NKL

COVERAGES

6* (THUMBS STR)
C/1 (THUMBS WK)
C/2 (THUMBS WK)
2* FAKE ALL-OUT
3* = $\sqrt{6}$ VS. BALANCED

BLITZES

ALL-OUT
50 (DOUBLE INSIDE CALL)
SHOOT 40
WILL SAMURAI
WILL 6* = $\sqrt{3}$ VS.
TWIN OPEN
(ALIGNED OR MOTION TO)

46 NKL

COVERAGES

6*
7 = $\sqrt{6}$ VS. TWIN OPEN
C/1
C/2
2* FAKE 59
3* FAKE 59

BLITZES

50

59

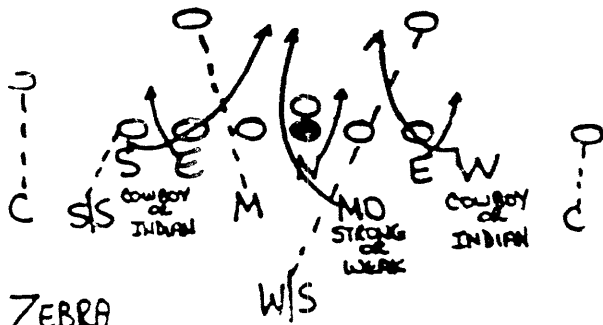
WILL STRONG
(VS. RED AND PINK)

WILL OUTSIDE
(VS. WHITE)

WILL = $\sqrt{3}$ VS. TWIN OPEN

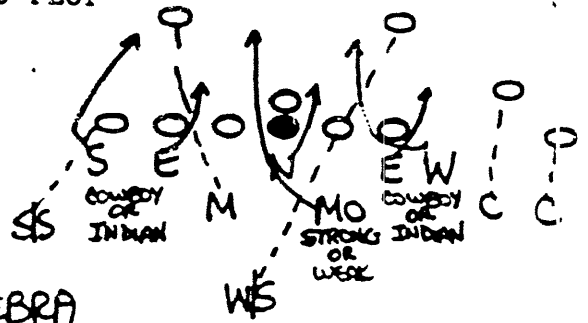
GIANT = PLAY IT

RED



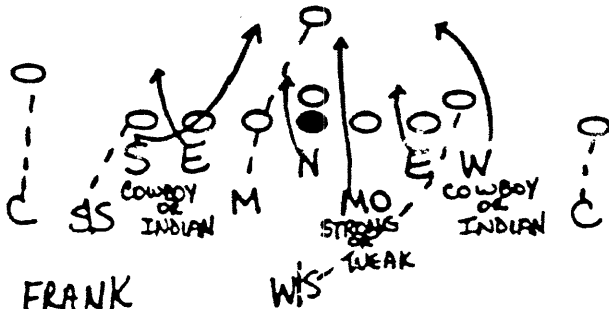
ZEBRA
OR
3-WAY

RED FLOP



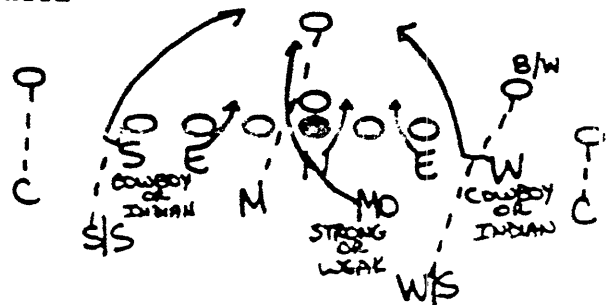
ZEBRA
OR
3-WAY

BROWN-UP OR JAYHAWK



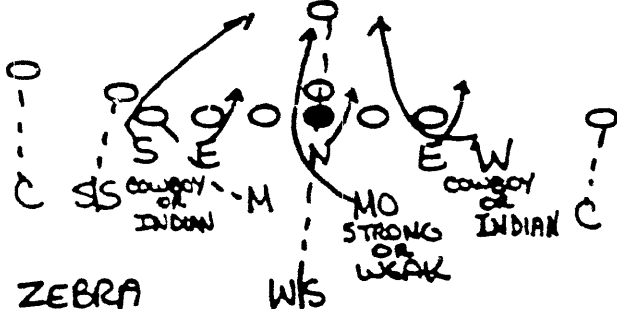
FRANK
OR
ZEBRA

WHITE



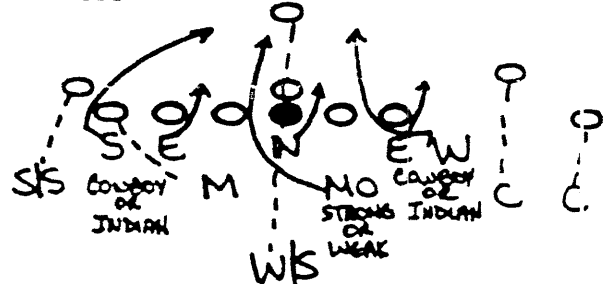
FRANK
OR
ZEBRA

TWIN



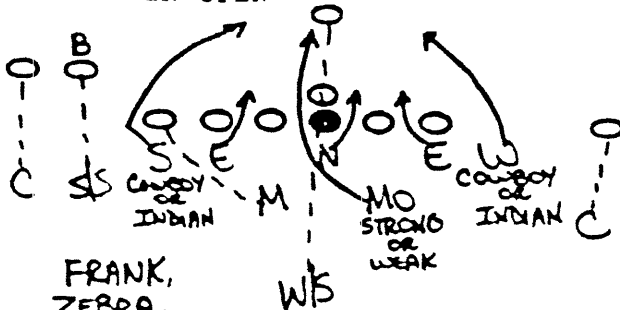
ZEBRA
OR
3-WAY

TWIN FLOP



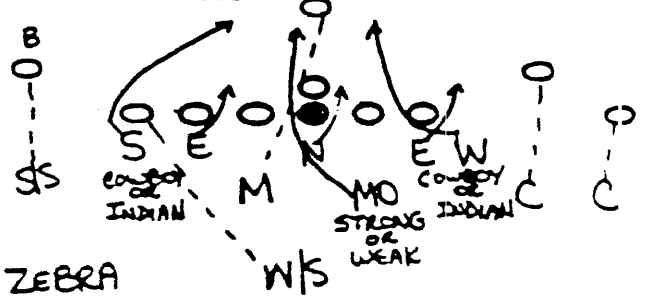
ZEBRA
OR
3-WAY

TWIN OPEN



FRANK,
ZEBRA,
OR 3-WAY

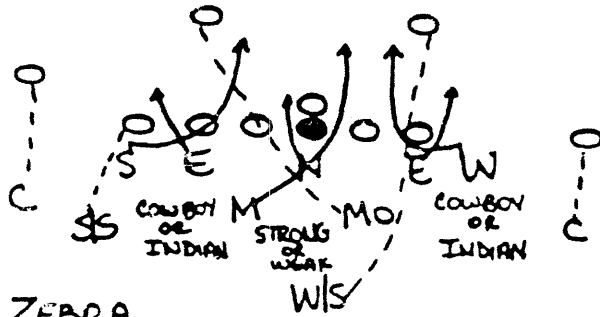
TWIN OPEN FLOP



ZEBRA
OR
3-WAY

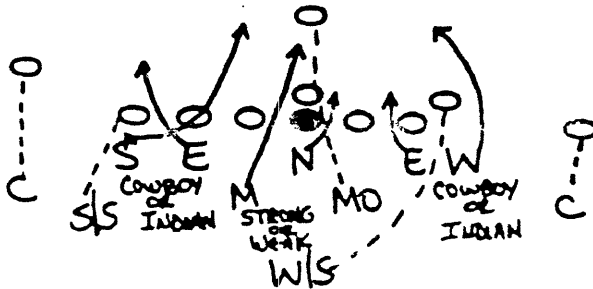
34 MIKE 40

RED



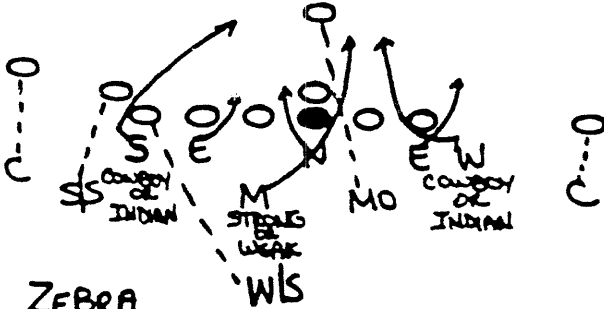
ZEBRA
OR
3-WAY

BROWN-UP OR JAYHAWK



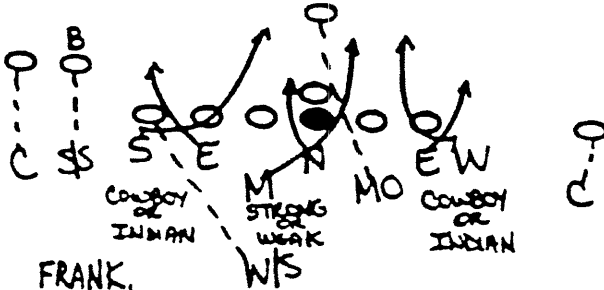
FRANK
OR
ZEBRA

TWIN



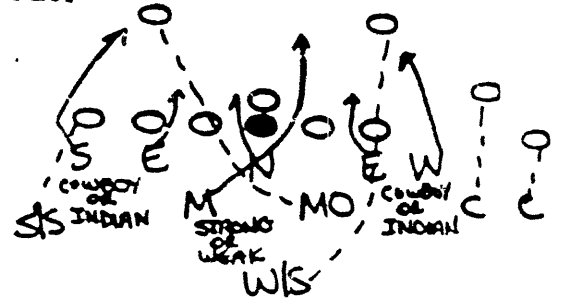
ZEBRA
OR
3-WAY

TWIN OPEN



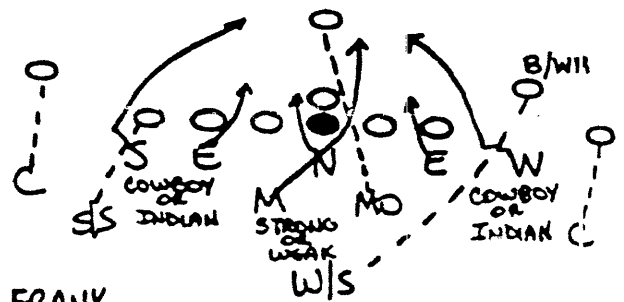
FRANK,
ZEBRA, OR 3-WAY

RED FLOP



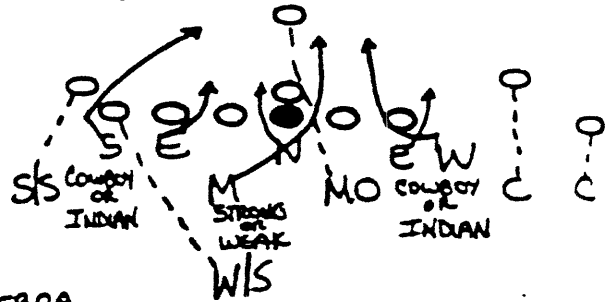
ZEBRA
OR
3-WAY

WHITE



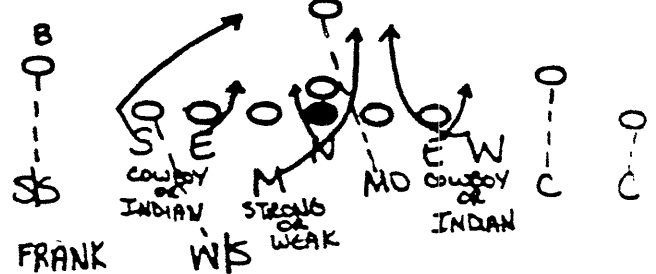
FRANK
OR
ZEBRA

TWIN FLOP



ZEBRA
OR
3-WAY

TWIN OPEN FLOP

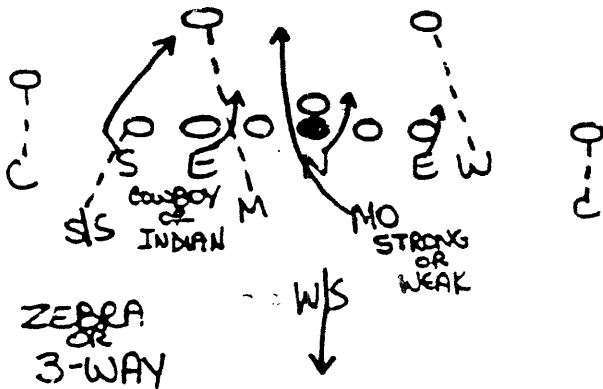


FRANK
OR
ZEBRA

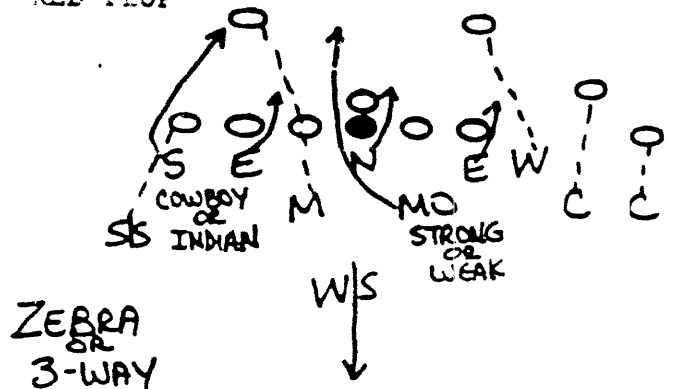
GIANT = PU

34 SAM/MO SINGLE

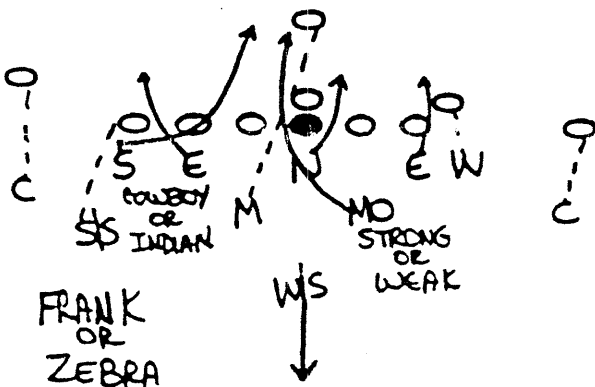
RED



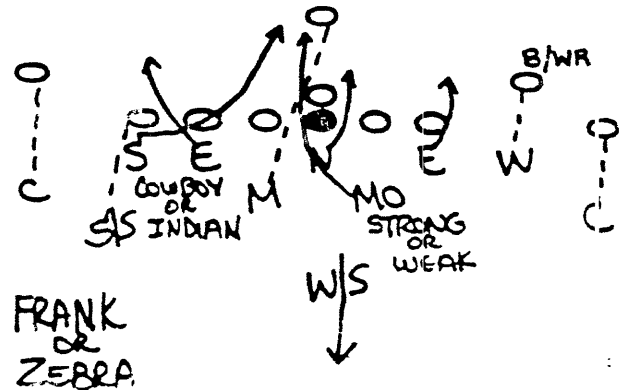
RED FLOP



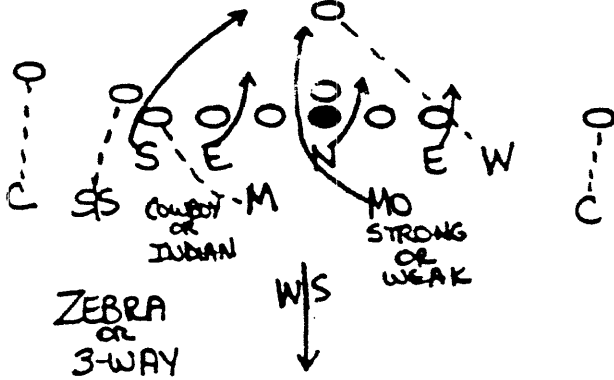
BROWN-UP OR JAYHAWK



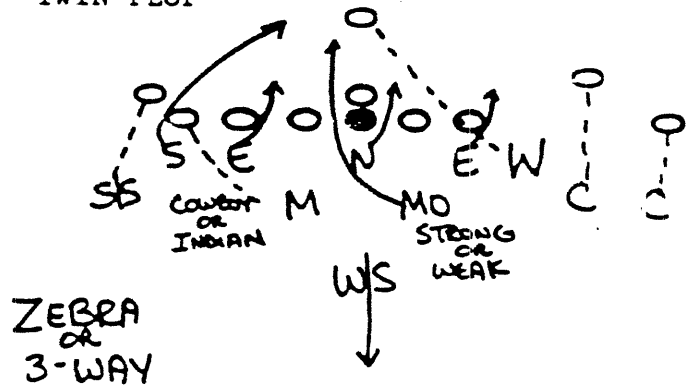
WHITE



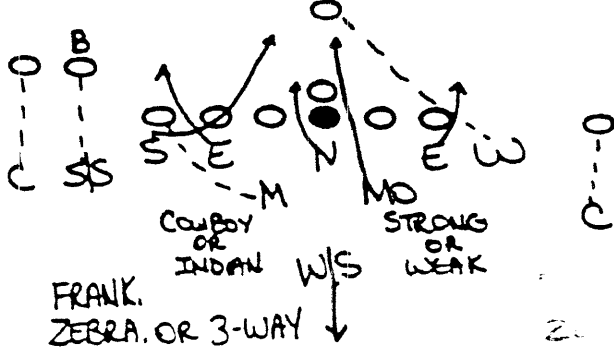
TWIN



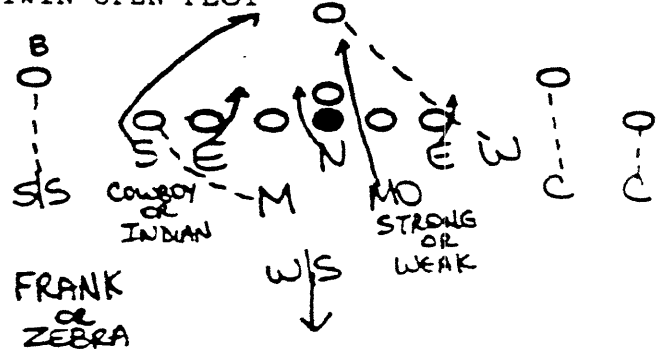
TWIN FLOP



TWIN OPEN

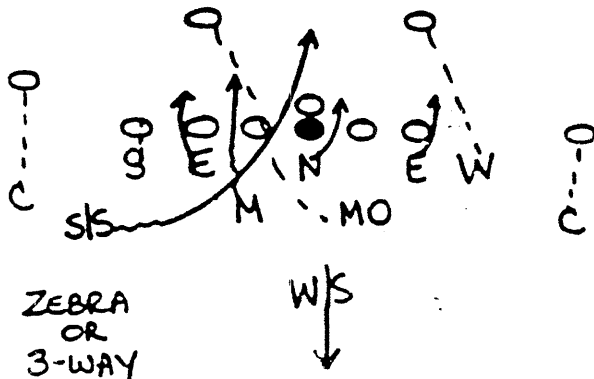


TWIN OPEN FLOP

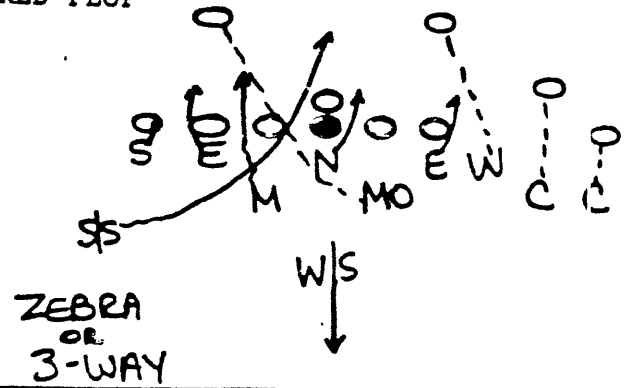


34 STRONG SAFETY SINGLE

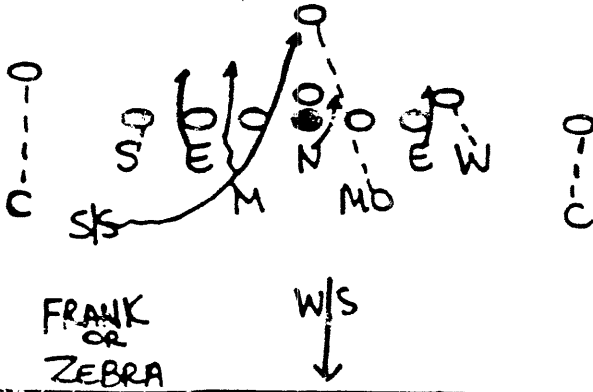
RED



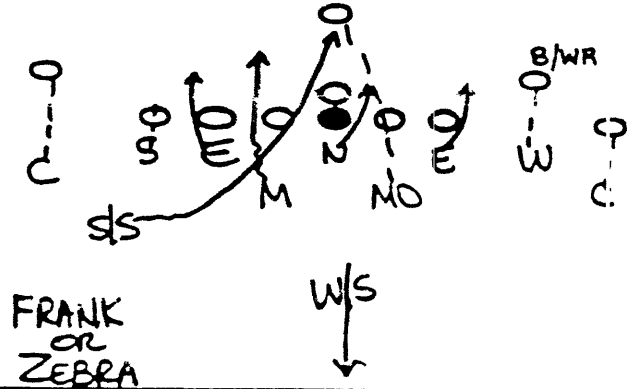
RED FLOP



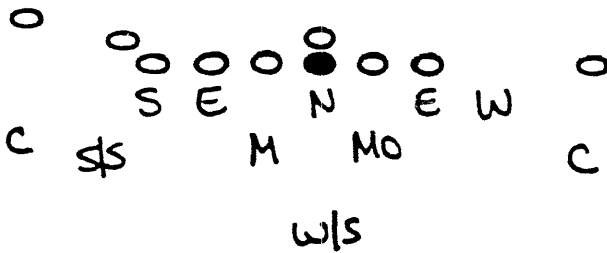
BROWN-UP OR JAYHAWK



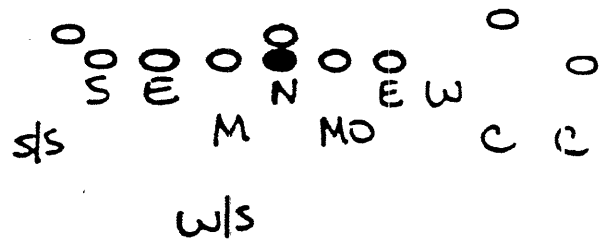
WHITE



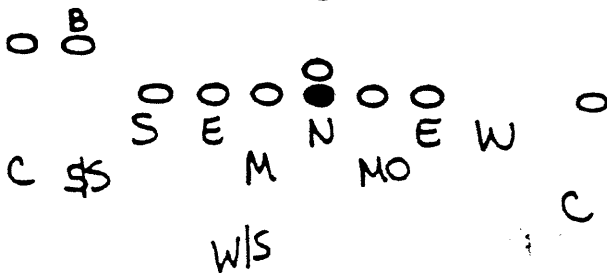
TWIN *CHECK OUT OF S/S BLITZ



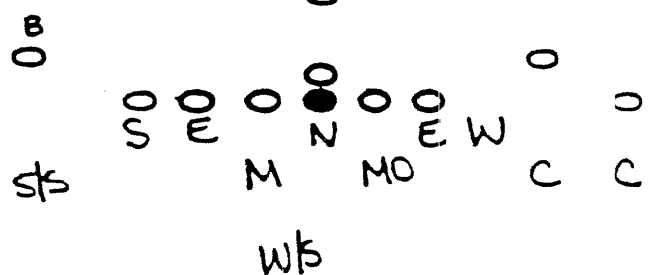
TWIN FLOP *CHECK OUT OF S/S BLITZ



TWIN OPEN *CHECK OUT OF S/S BLITZ

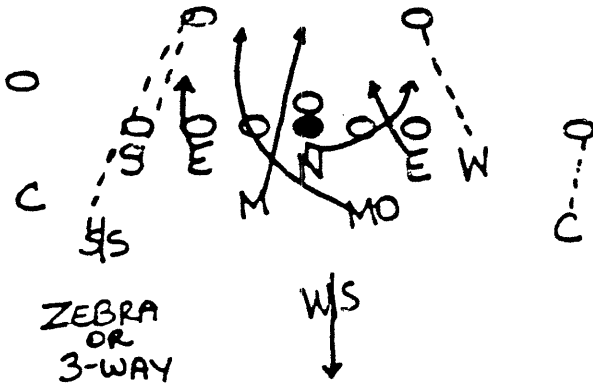


TWIN OPEN FLOP *CHECK OUT OF S/S BLITZ

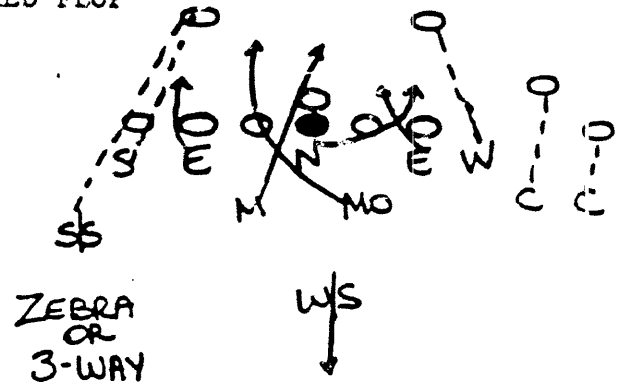


34 MIKE/MO SINGLE

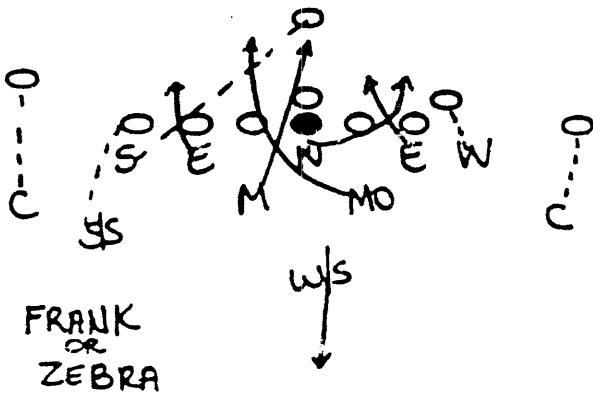
RED



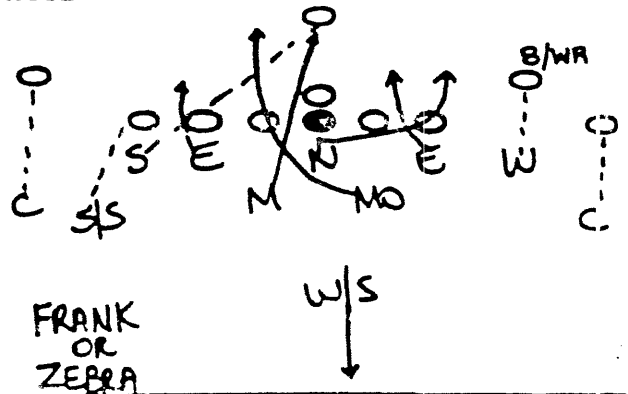
RED FLOP



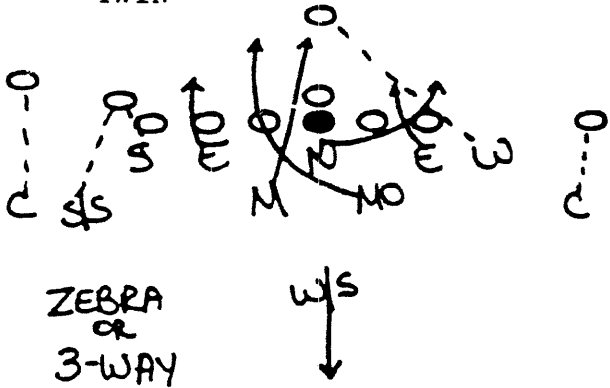
BROWN-UP OR JAYHAWK



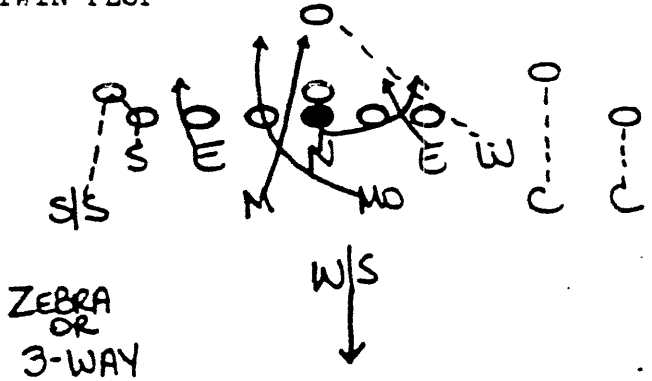
WHITE



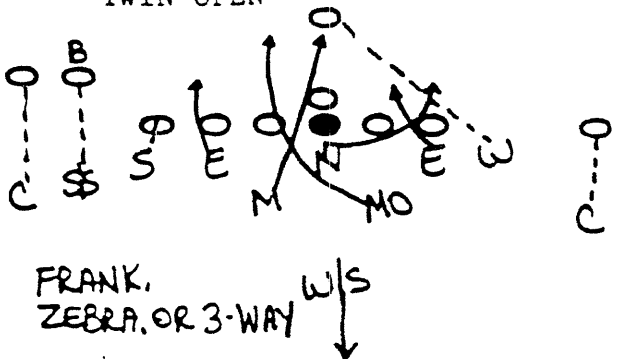
TWIN



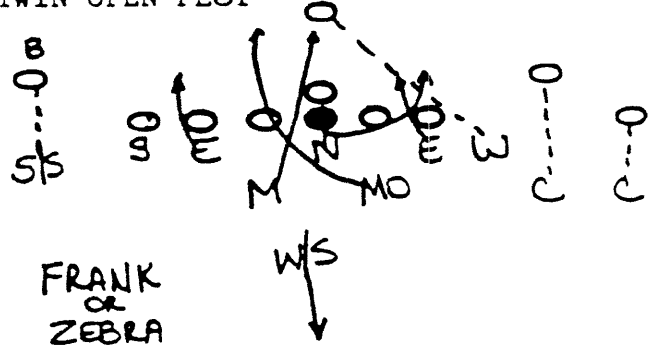
TWIN FLOP



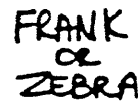
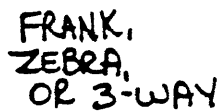
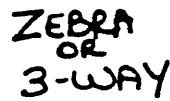
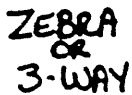
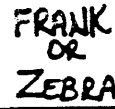
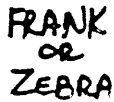
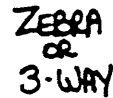
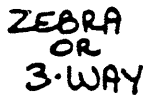
TWIN OPEN



TWIN OPEN FLOP

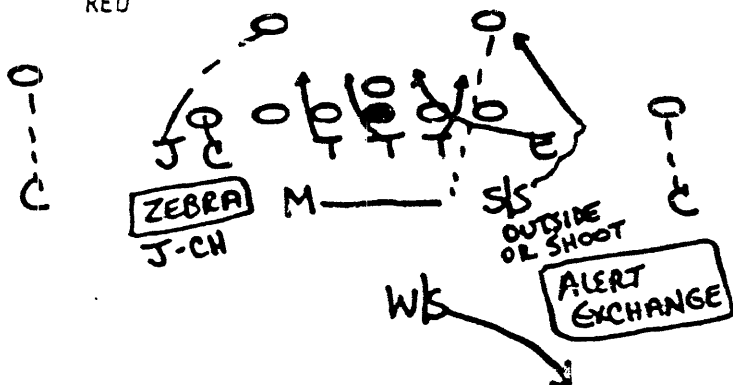


34 SAM/WILL SINGLE

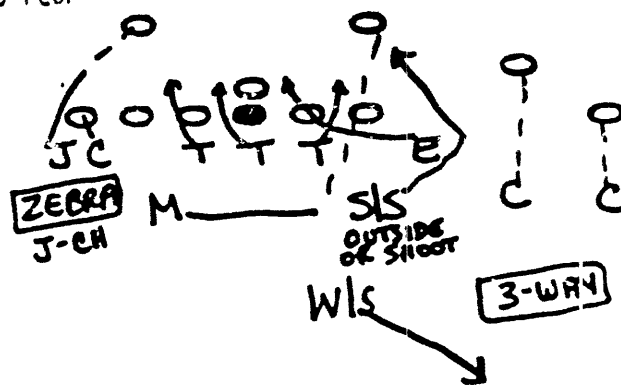


46 WILL 6#

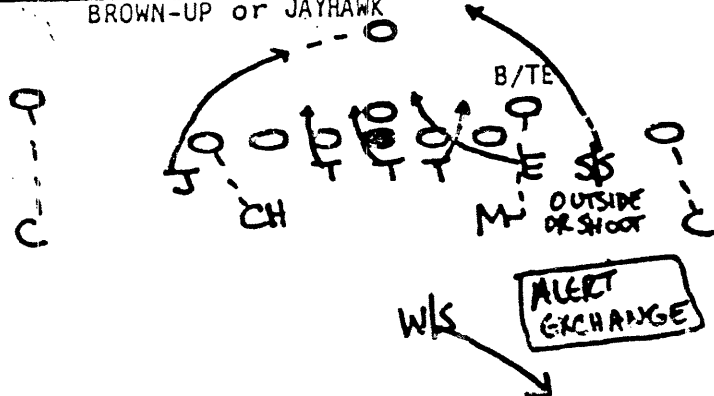
RED



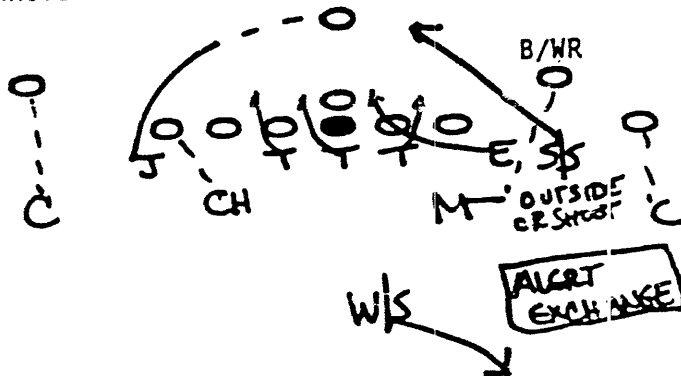
RED FLOP



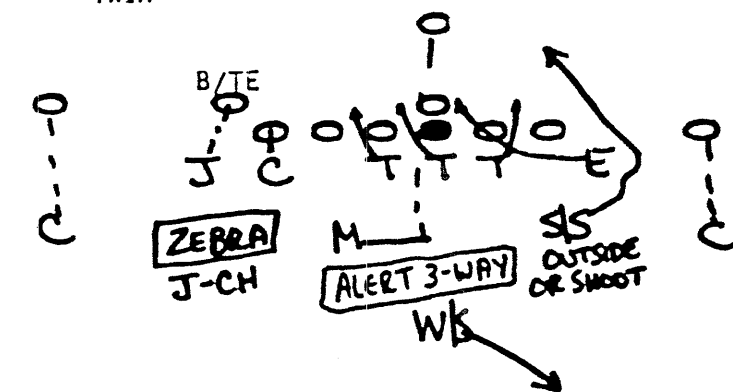
BROWN-UP or JAYHAWK



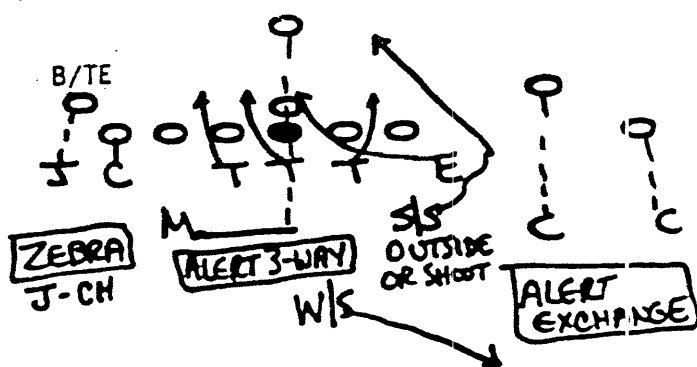
WHITE



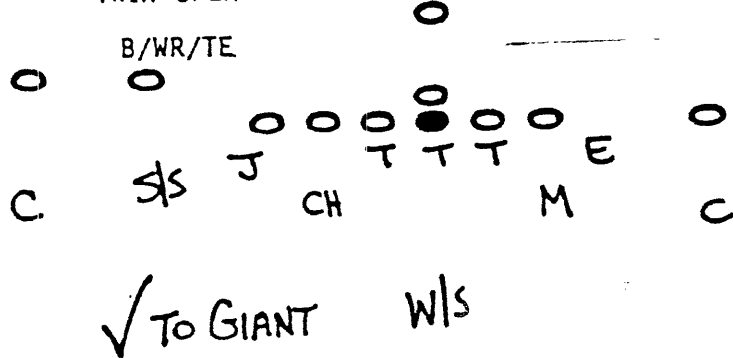
TWIN



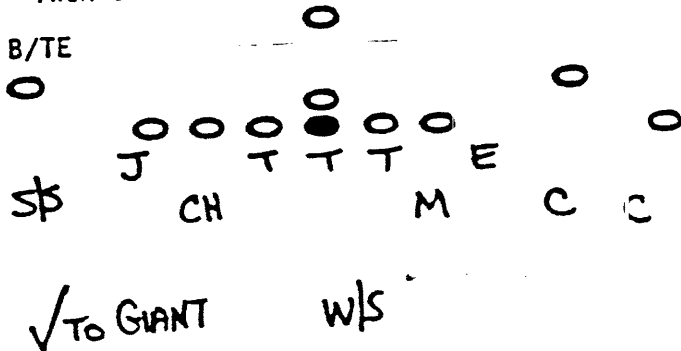
TWIN FLOP



TWIN OPEN

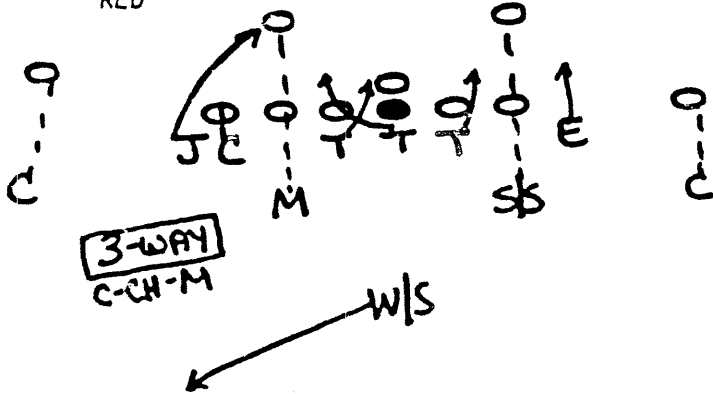


TWIN OPEN FLOP

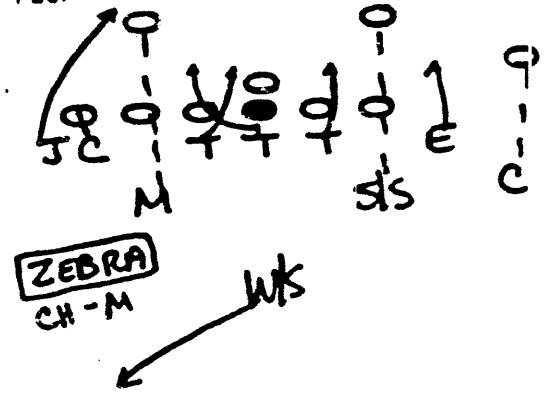


46 GIANT

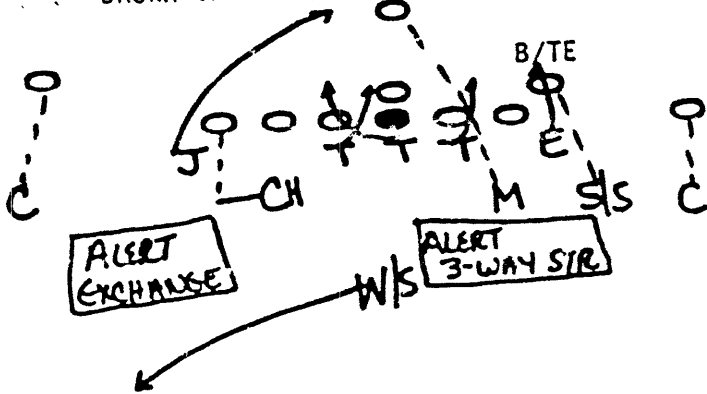
RED



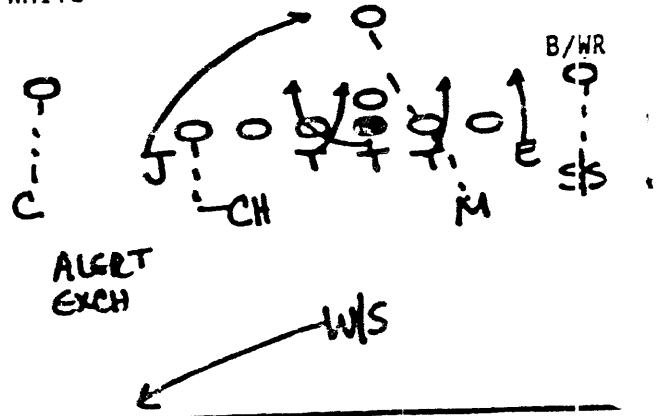
RED FLOP



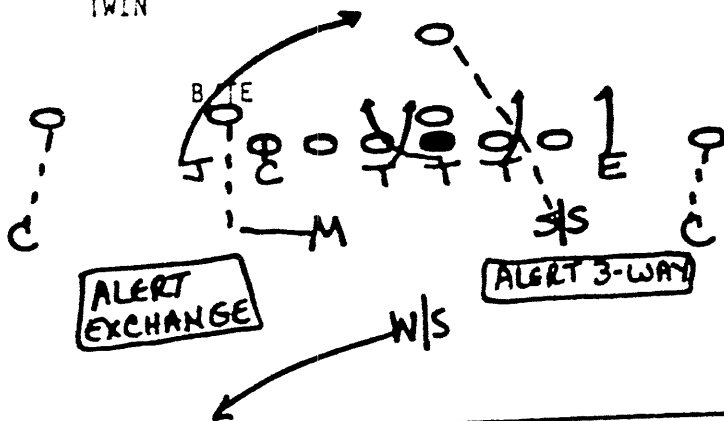
BROWN-UP or JAYHAWK



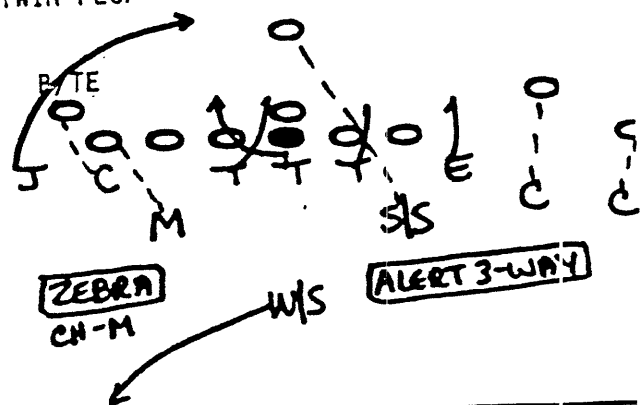
WHITE



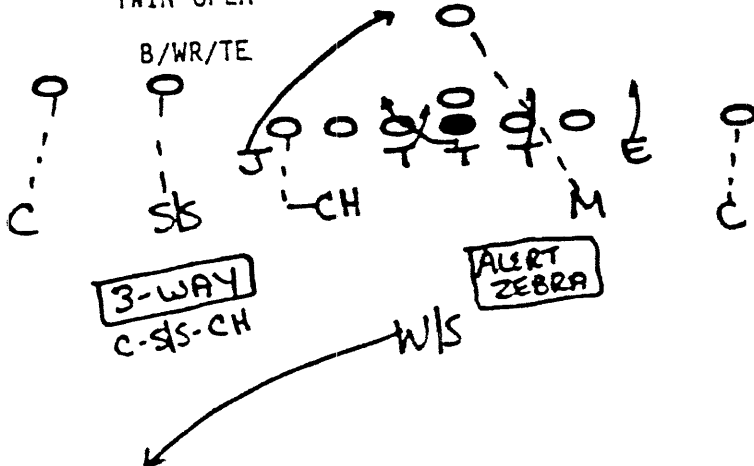
TWIN



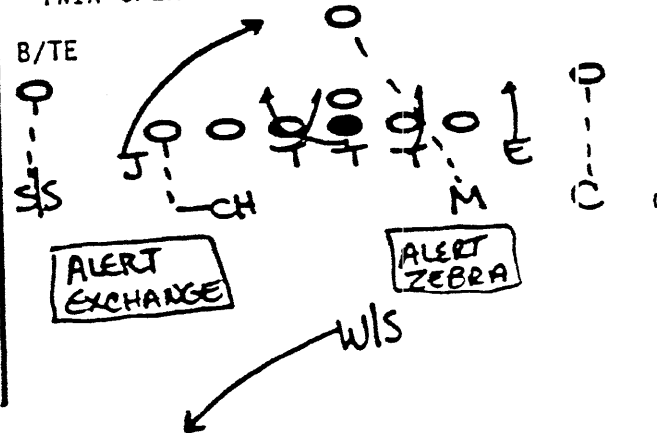
TWIN FLOP



TWIN OPEN

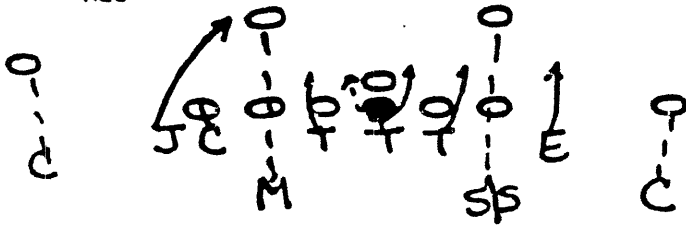


TWIN OPEN FLOP

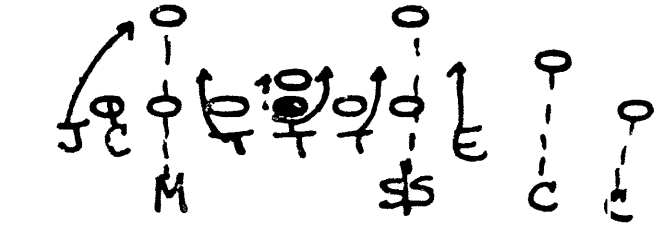


46 SINGLE

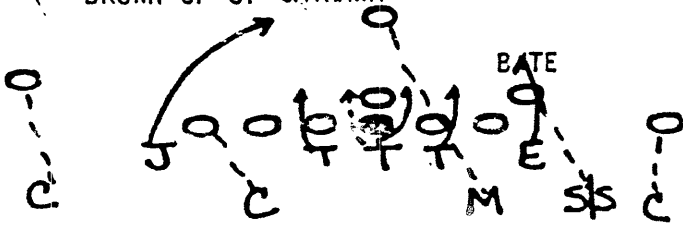
RED



RED FLOP



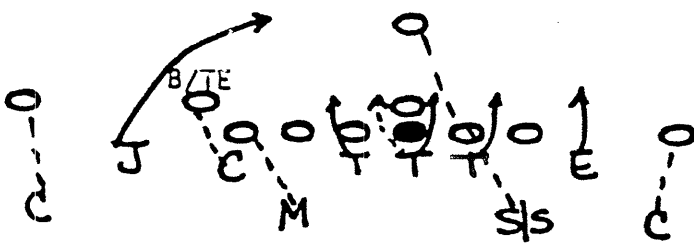
BROWN-UP or JAYHAWK



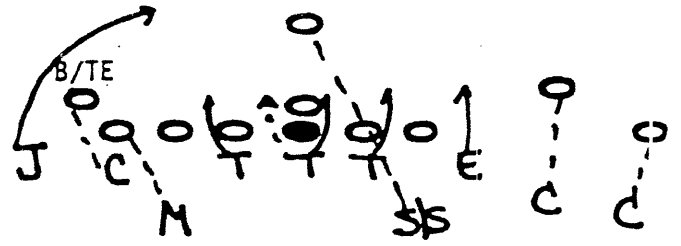
WHITE



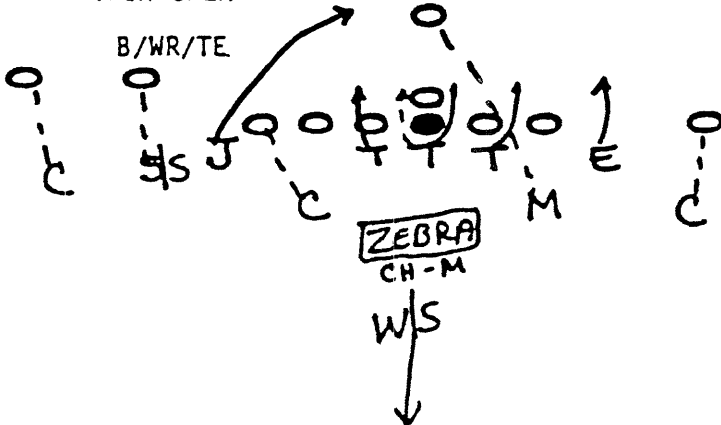
TWIN



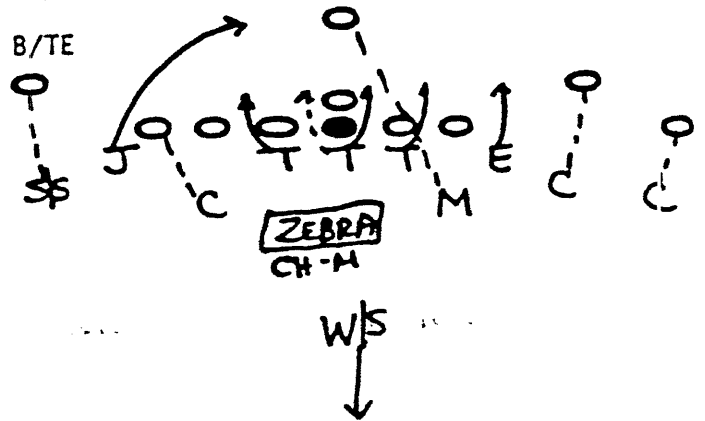
TWIN FLOP



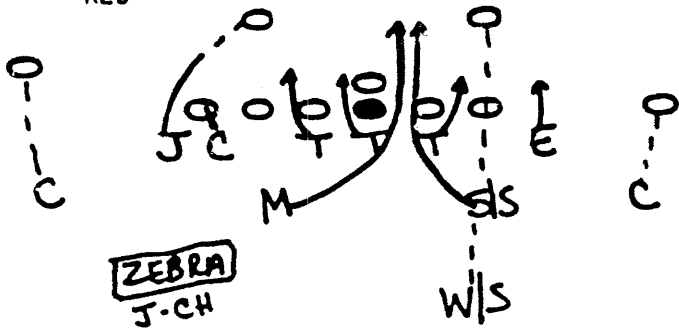
TWIN OPEN



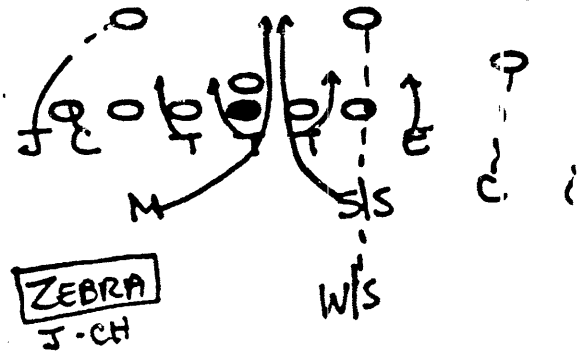
TWIN OPEN FLOP



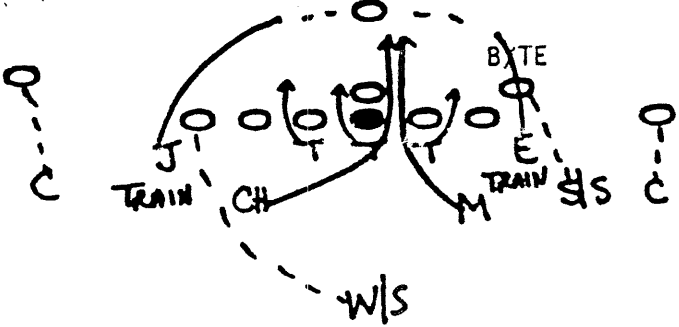
RED



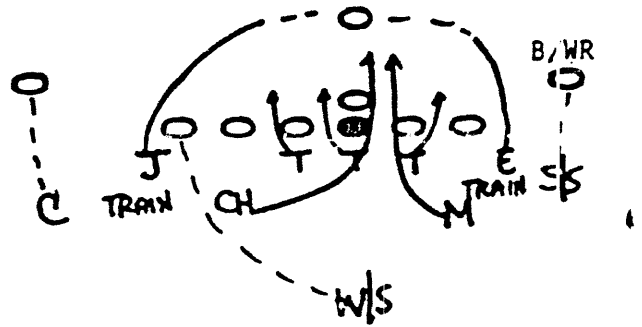
RED FLOP



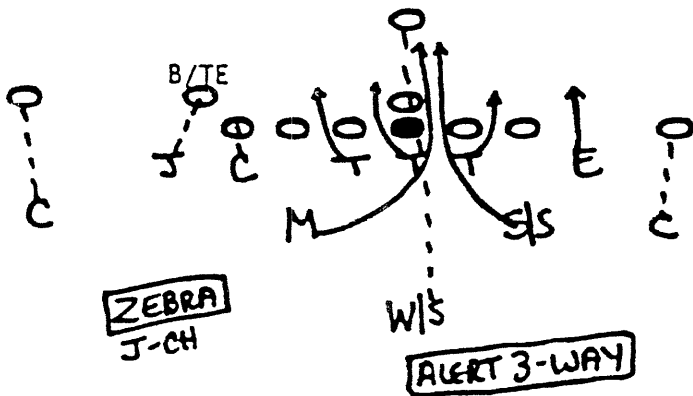
BROWN-UP or JAYHAWK



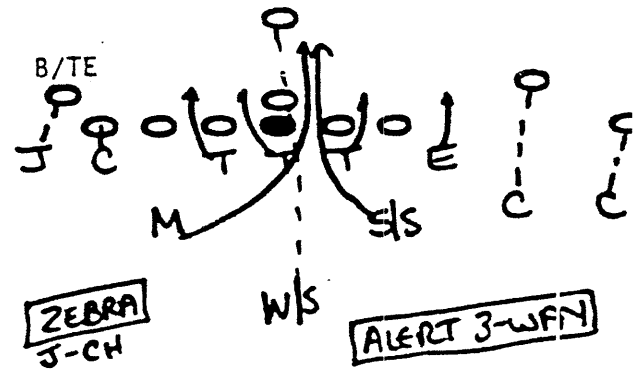
WHITE



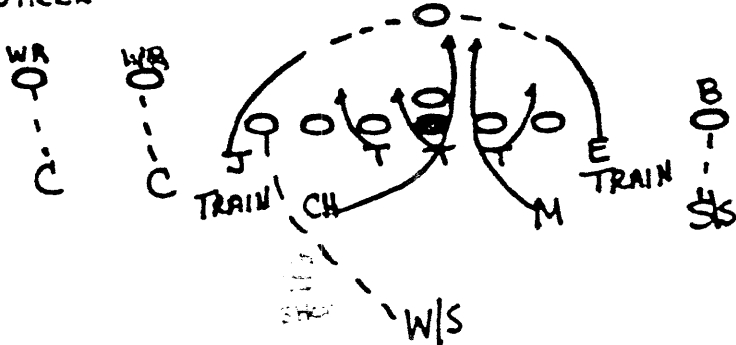
TWIN



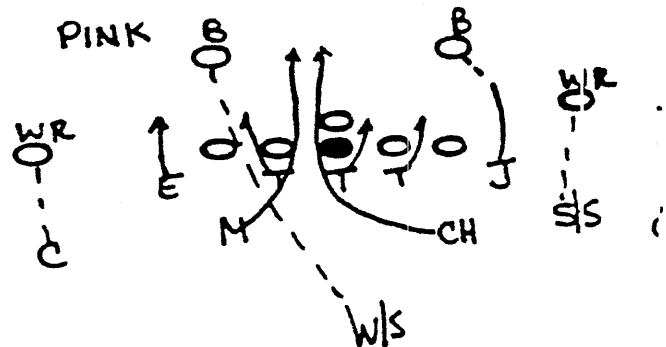
TWIN FLOP



GREEN



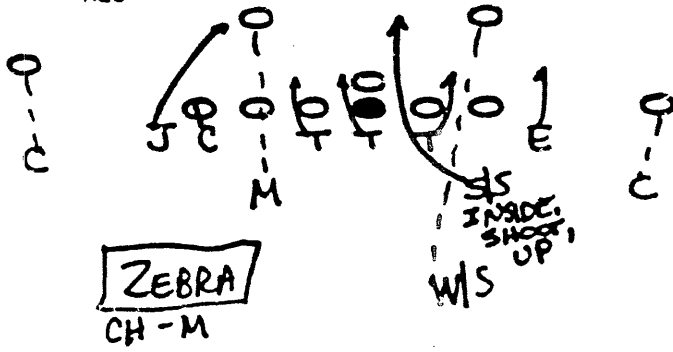
PINK



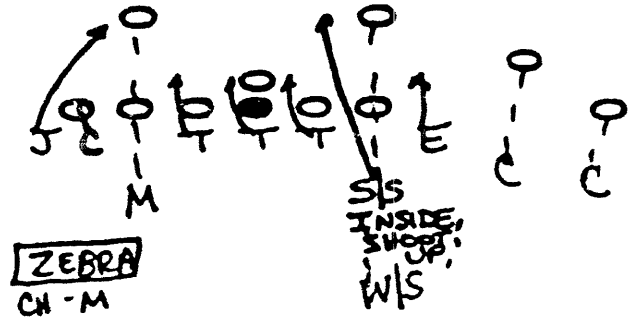
46 STRONG SAFETY

(SHOOT, INSIDE, OUTSIDE, UP)

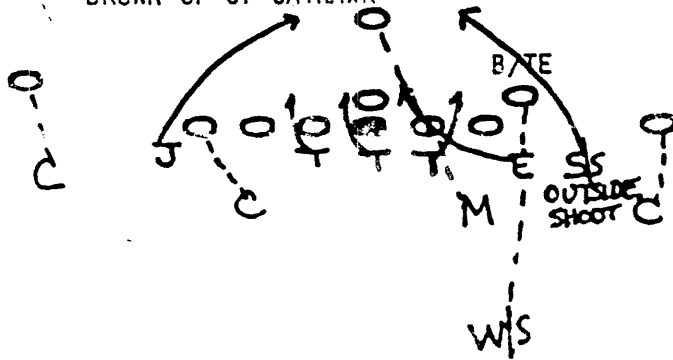
RED



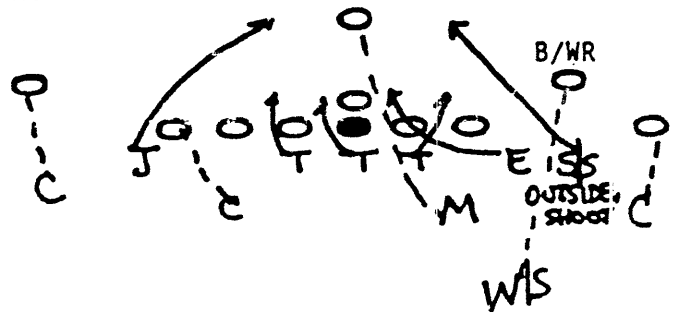
RED FLOP



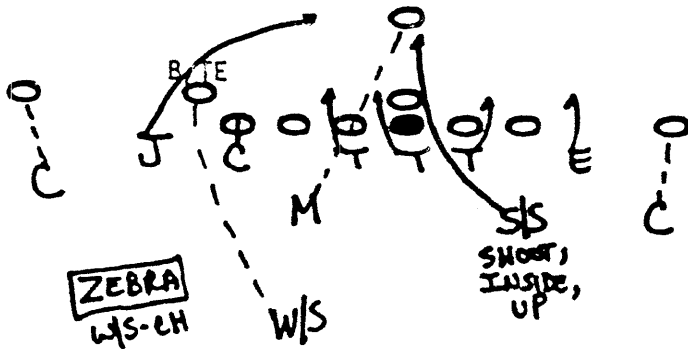
BROWN-UP or JAYHAWK



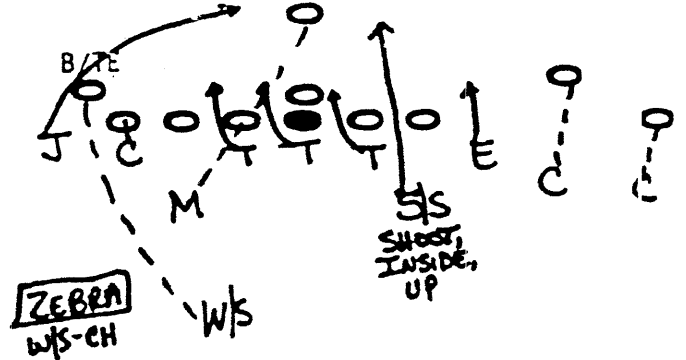
WHITE



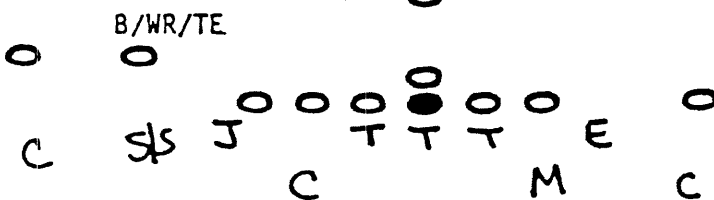
TWIN



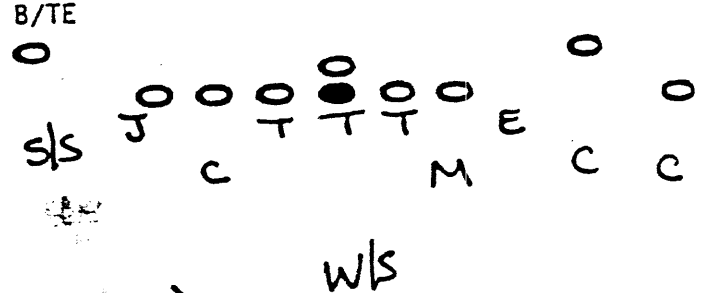
TWIN FLOP



TWIN OPEN



TWIN OPEN FLOP



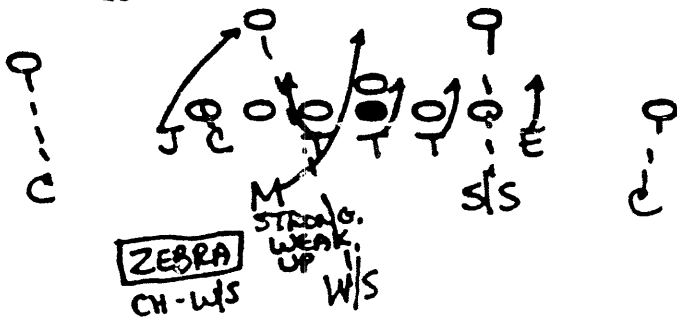
* WE WOULD NOT RUN 46 SS VS. TW OP OR TW OP FLOP

W/S

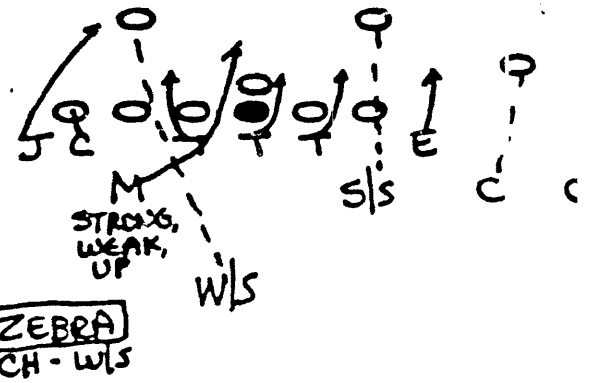
W/S

46 MIKE (STRONG, WEAK, UP, SHOOT)

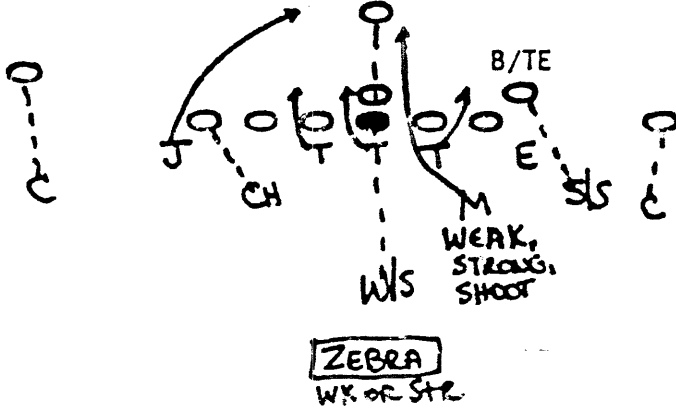
RED



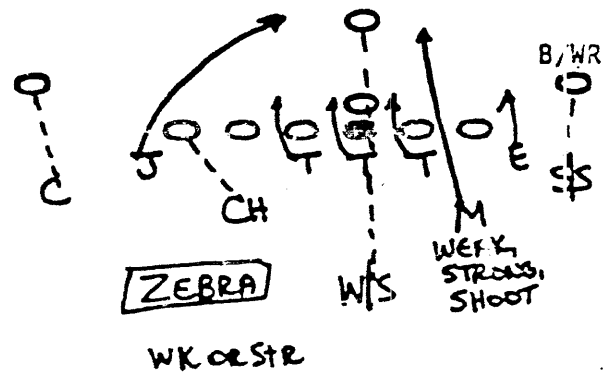
RED FLOP



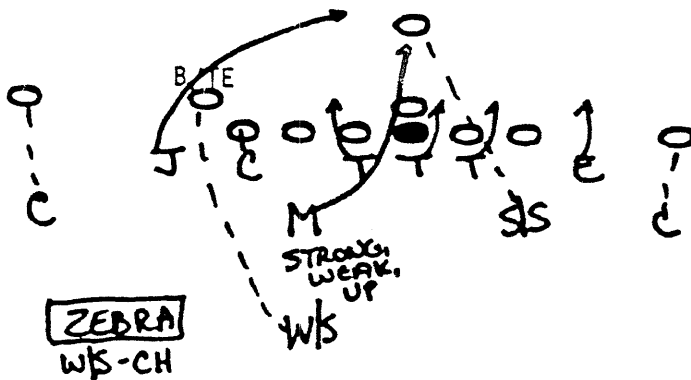
BROWN-UP or JAYHAWK



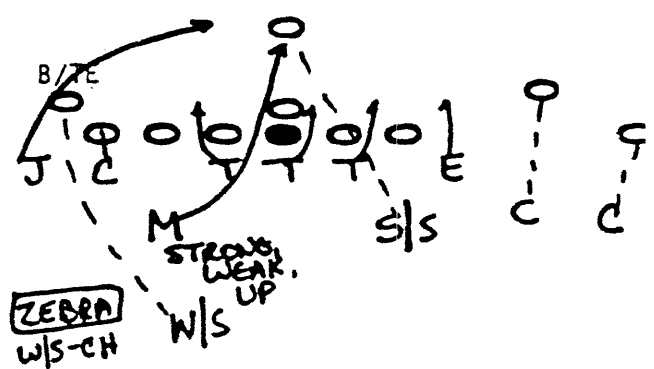
WHITE



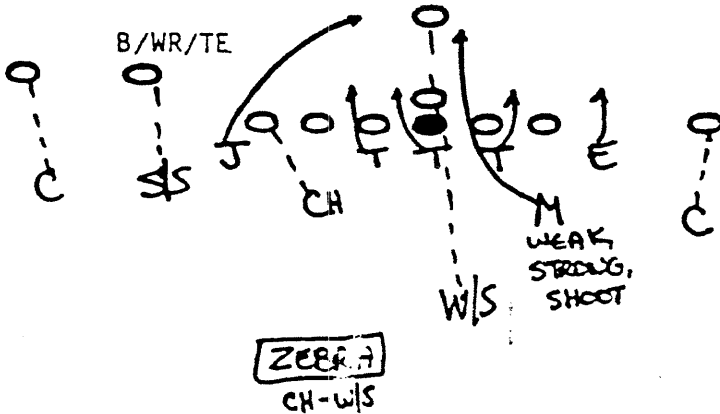
TWIN



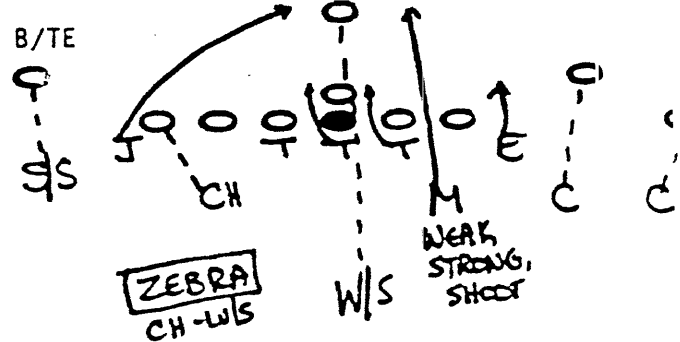
TWIN FLOP



TWIN OPEN



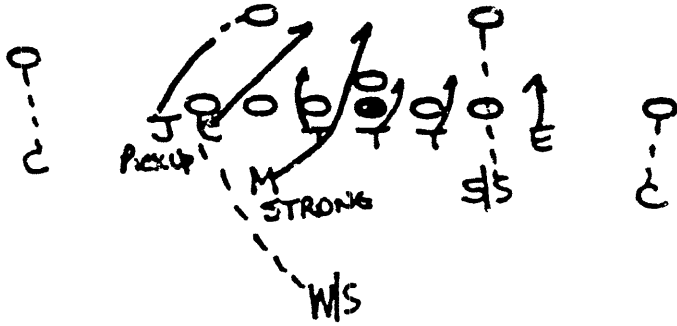
TWIN OPEN FLOP



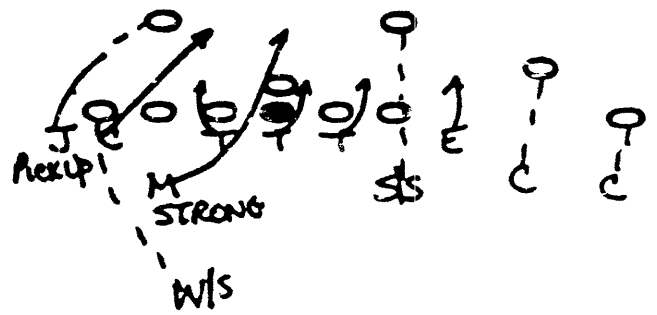
46 59

(WEAK, STRONG, UP)

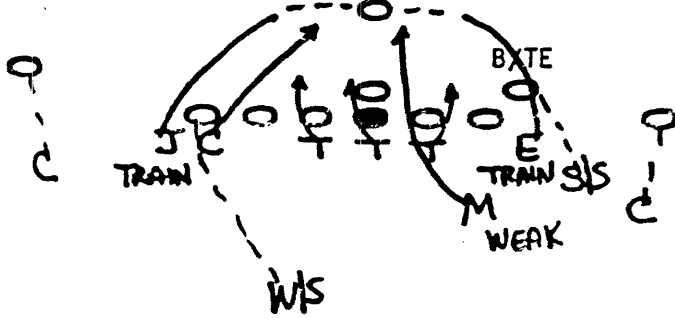
RED



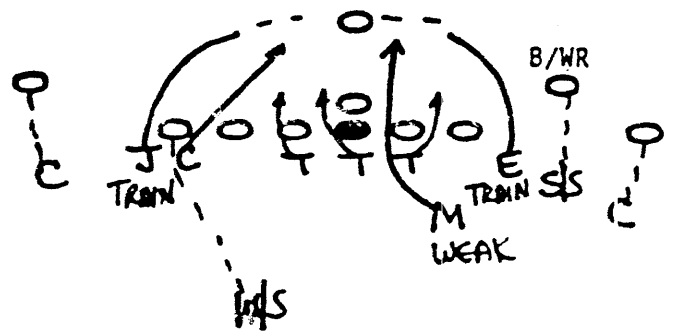
RED FLOP



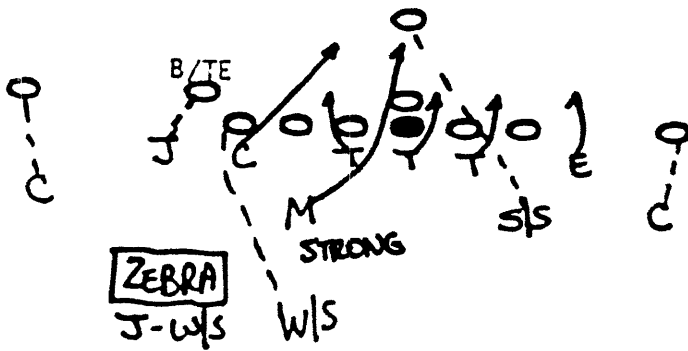
BROWN-UP or JAYHAWK



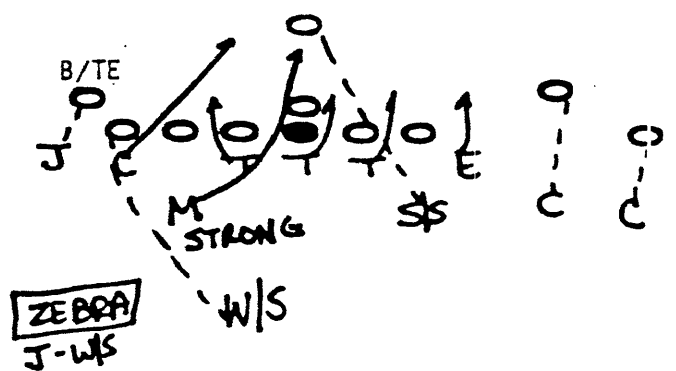
WHITE



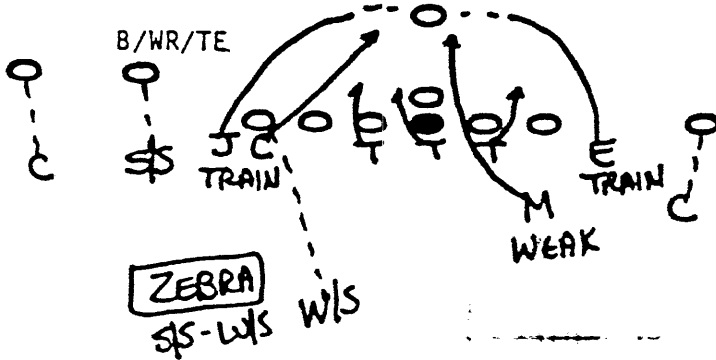
TWIN



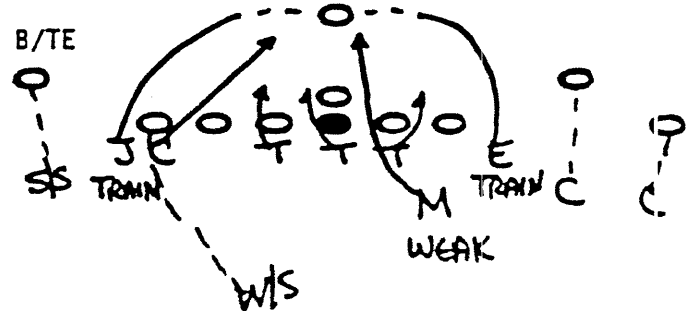
TWIN FLOP



TWIN OPEN

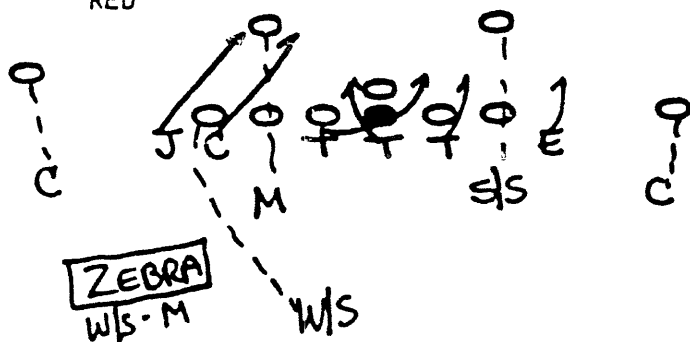


TWIN OPEN FLOP

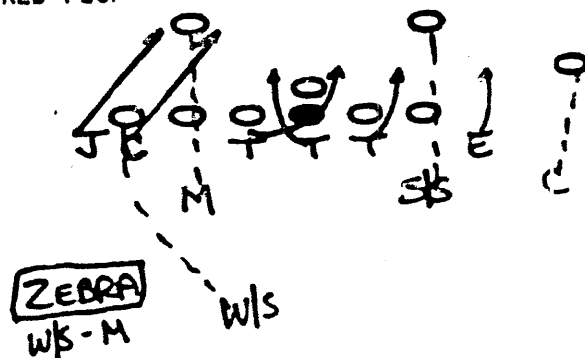


46 CHEESEBURGER

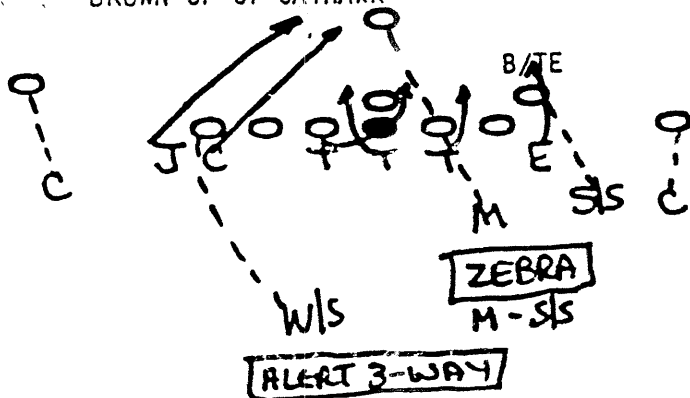
RED



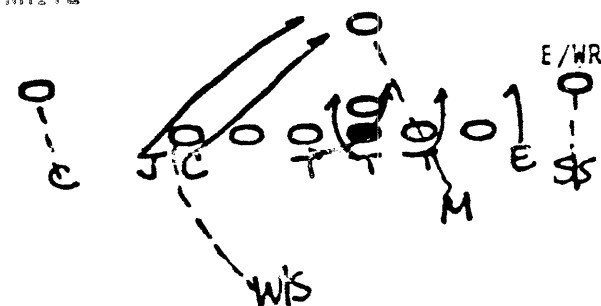
RED FLOP



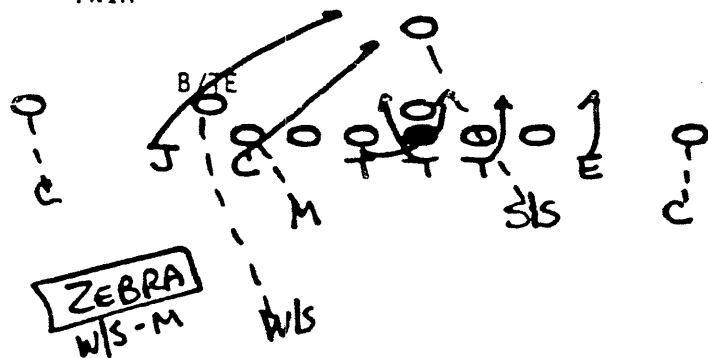
BROWN-UP or JAYHAWK



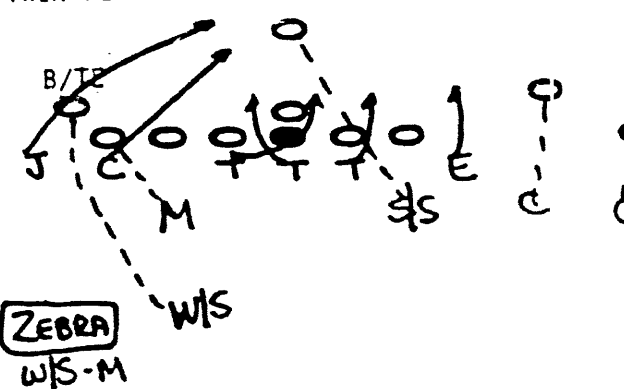
WHITE



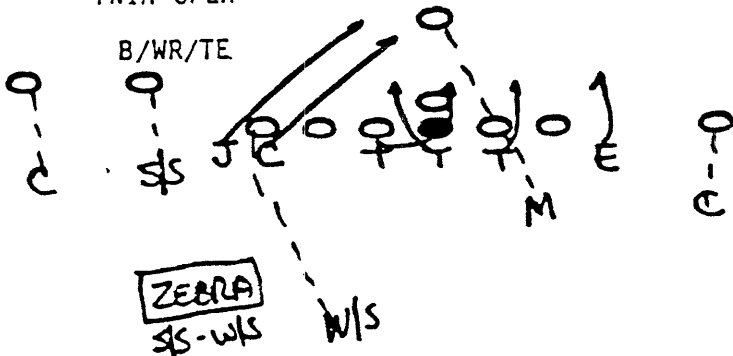
TWIN



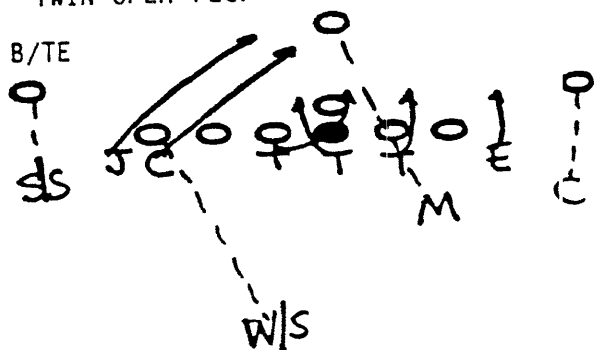
TWIN FLOP



TWIN OPEN

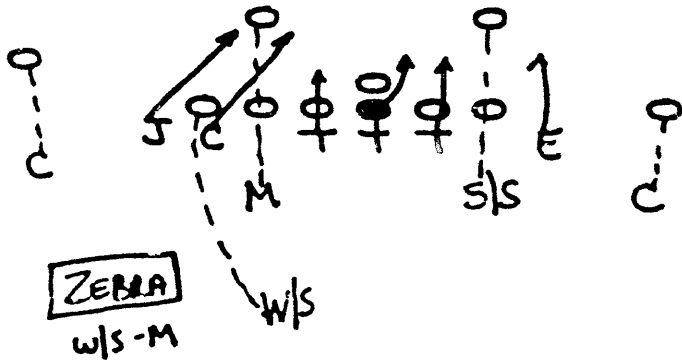


TWIN OPEN FLOP

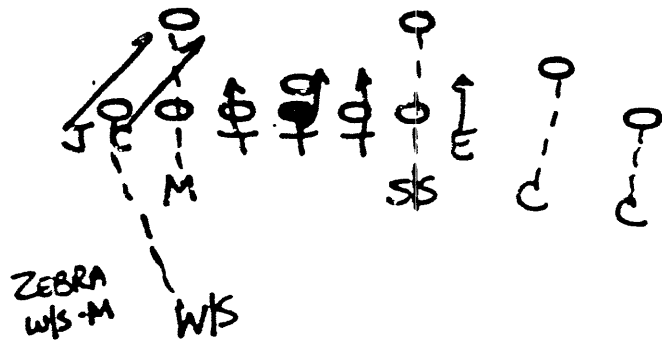


46 HAMBURGER

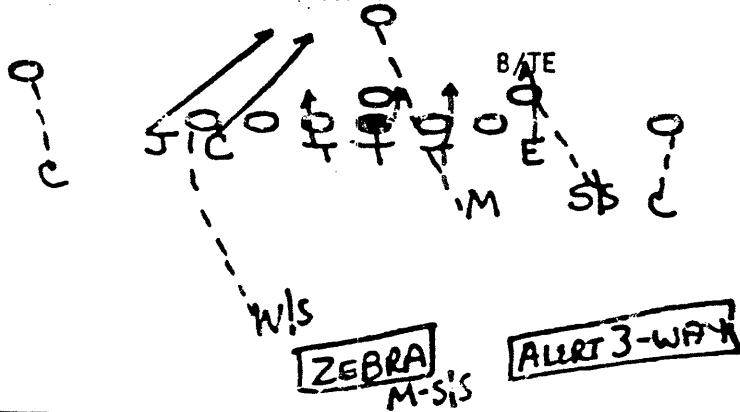
RED



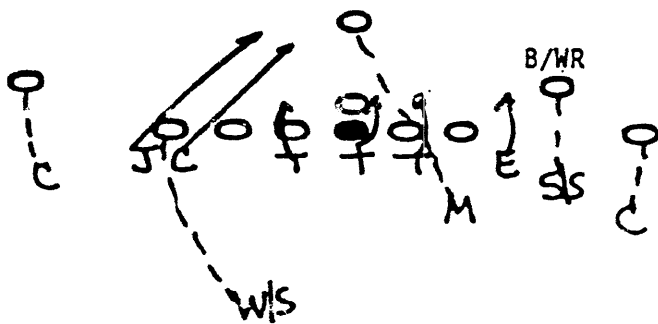
RED FLOP



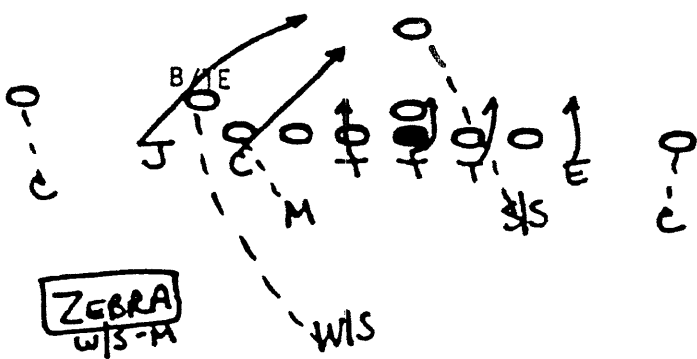
BROWN-UP or JAYHAWK



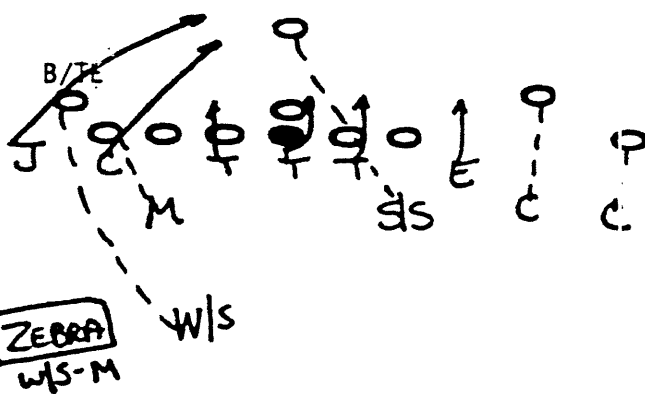
WHITE



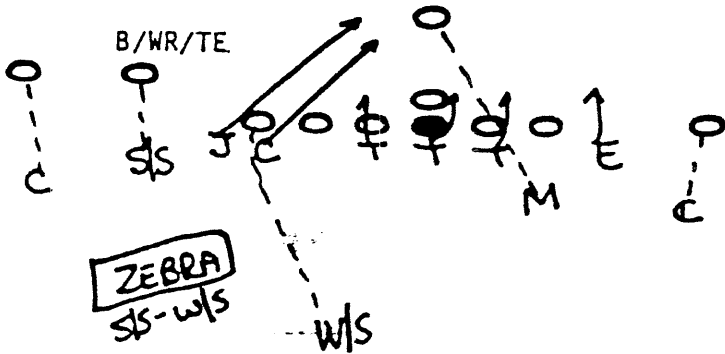
TWIN



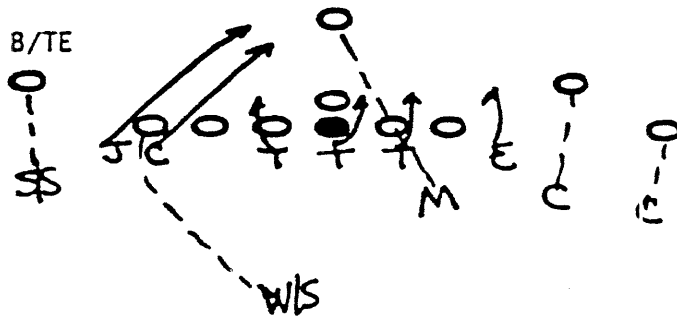
TWIN FLOP



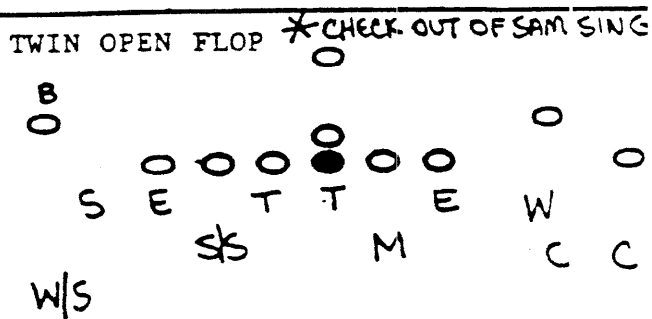
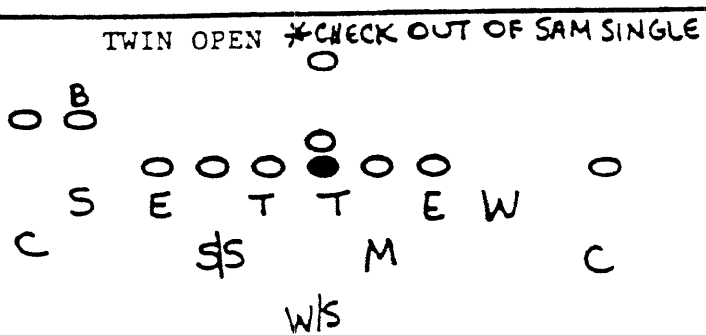
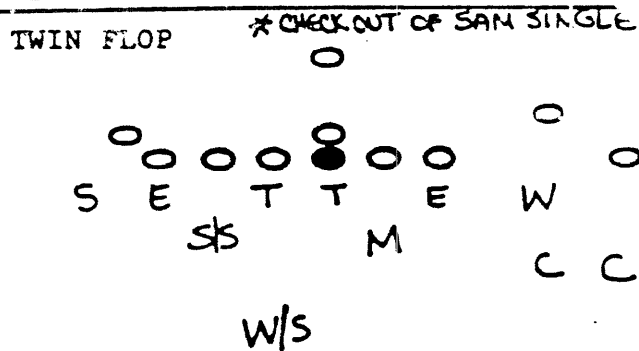
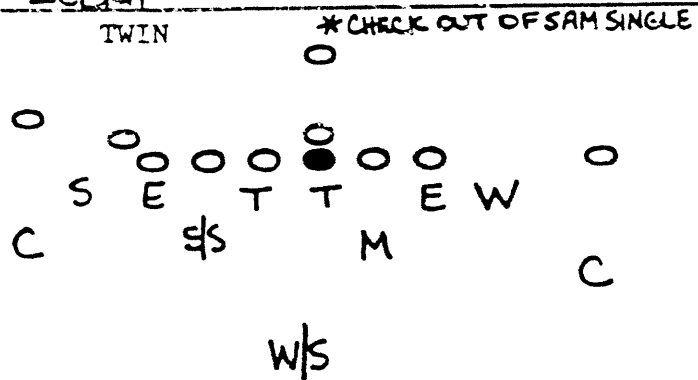
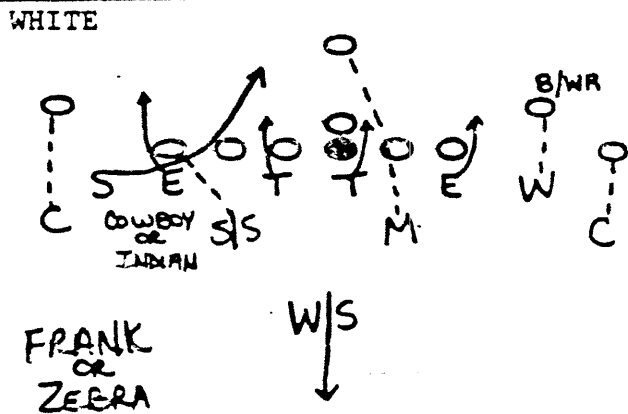
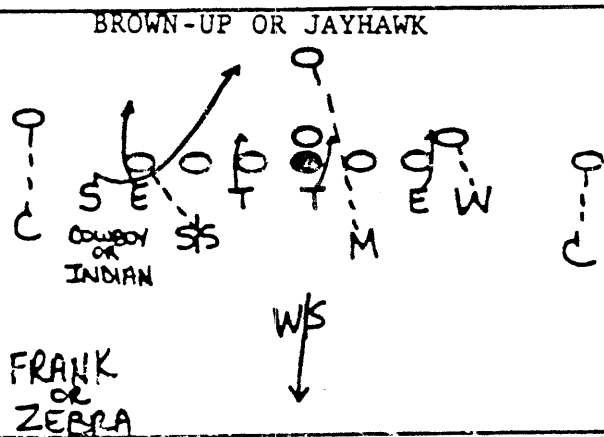
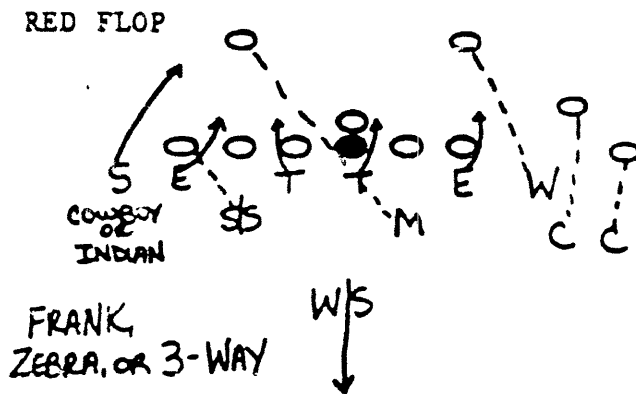
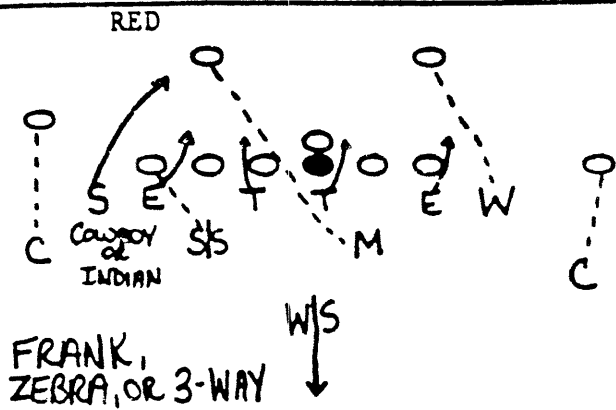
TWIN OPEN



TWIN OPEN FLOP



OVER (10) SAM SINGLE

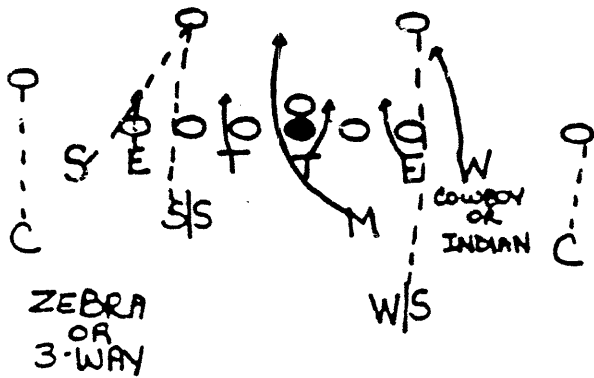


OVER (10) SCHOOLYARD (vs. 1-BACK)

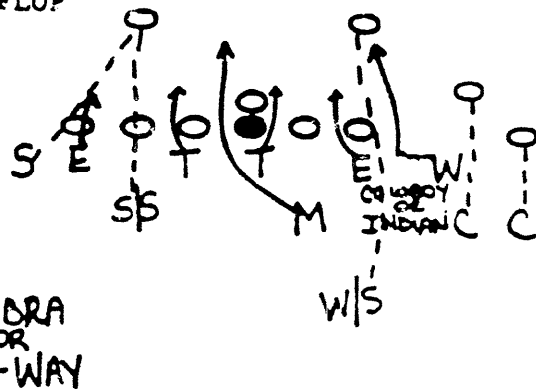
<p>RED</p>	<p>RED FLOP</p>
<p>BROWN-UP OR JAYHAWK</p> <p>FRANK W/S</p>	<p>WHITE</p> <p>FRANK</p>
<p>TWIN</p> <p>ZEBRA W/S</p>	<p>TWIN FLOP</p> <p>ZEBRA</p>
<p>TWIN OPEN</p> <p>FRANK, W/S ZEBRA, OR 3-WAY</p>	<p>TWIN OPEN FLOP</p> <p>FRANK</p>

OVER (10) WEAK

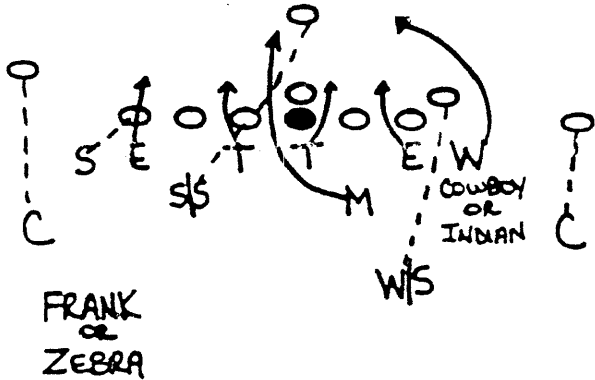
RED



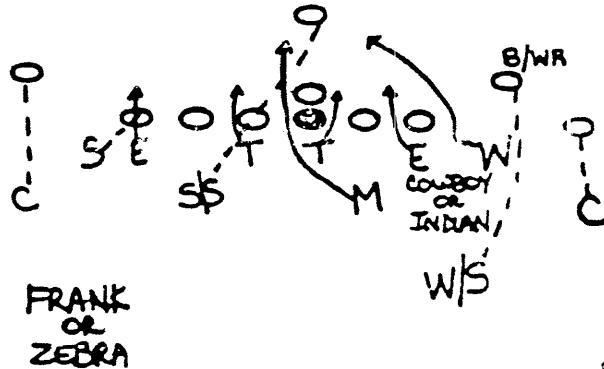
RED FLOP



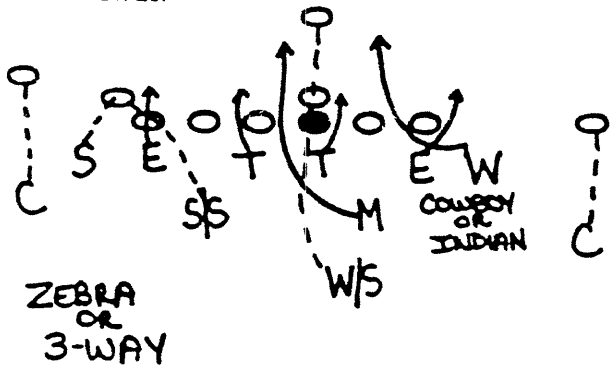
BROWN-UP OR JAYHAWK



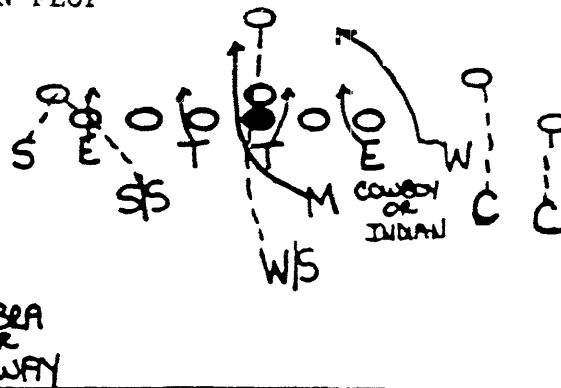
WHITE



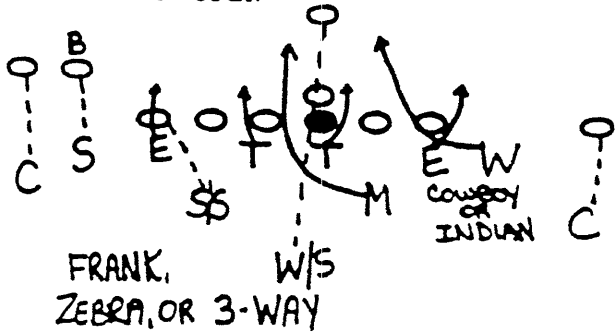
TWIN



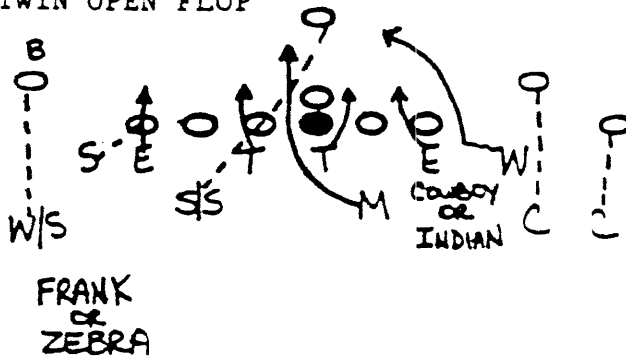
TWIN FLOP



TWIN OPEN

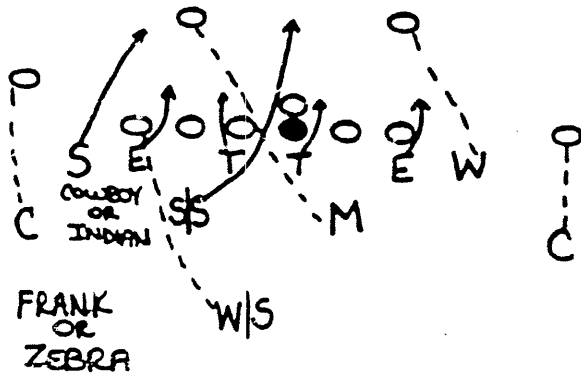


TWIN OPEN FLOP

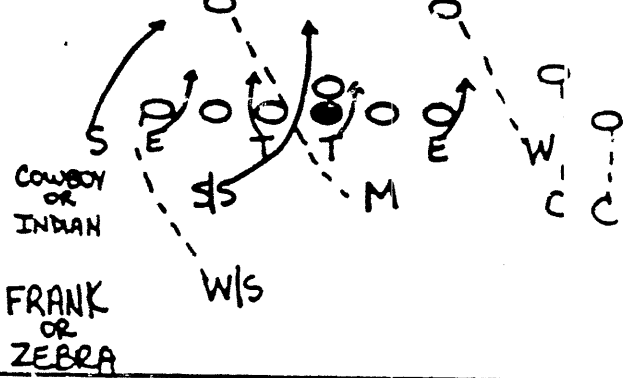


OVER (10) STRONG

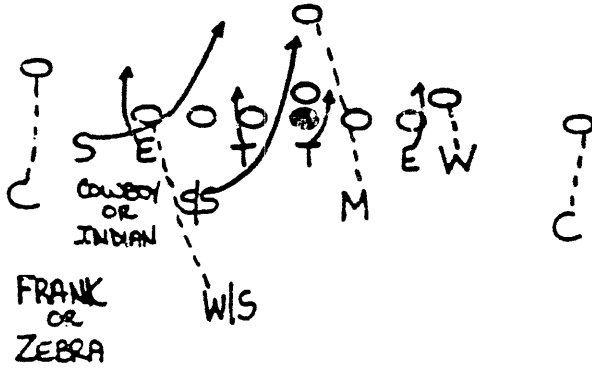
RED



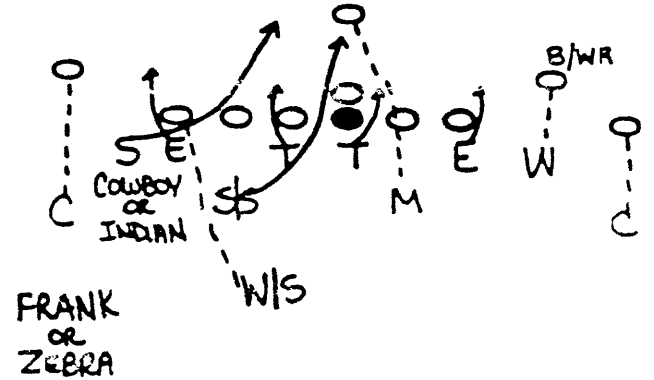
RED FLOP



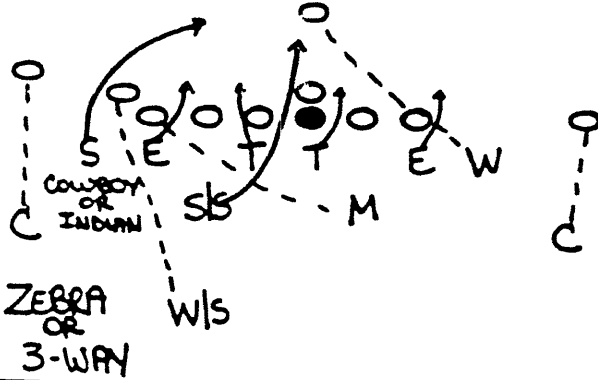
BROWN-UP OR JAYHAWK



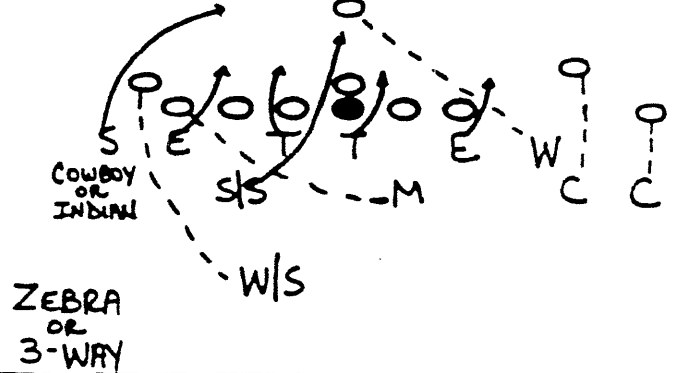
WHITE



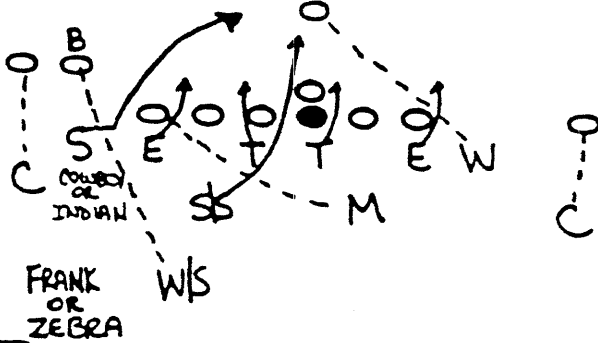
TWIN



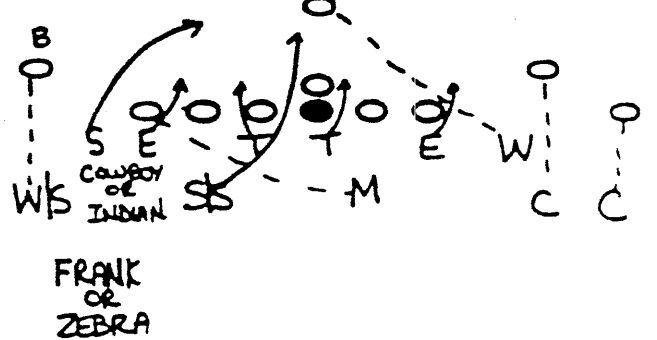
TWIN FLOP



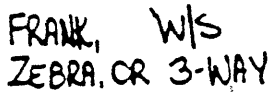
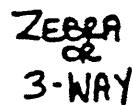
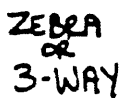
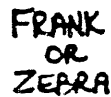
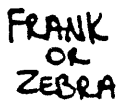
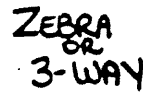
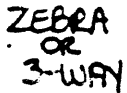
TWIN OPEN



TWIN OPEN FLOP

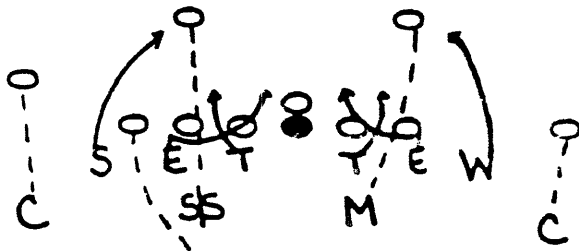


4-3 (10) SHOOT 40



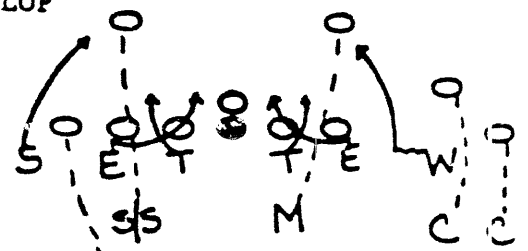
4-3 (10) TWIST 40

RED



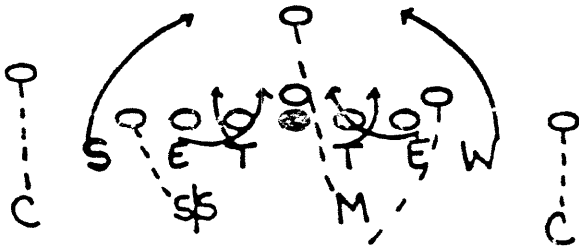
ZEBRA
OR
3-WAY

RED FLOP



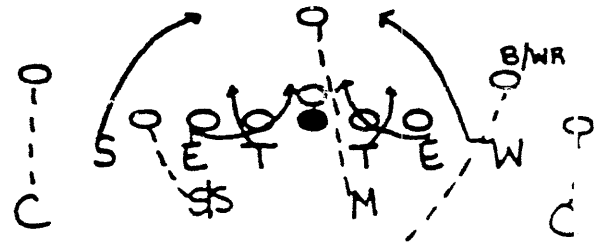
ZEBRA
OR
3-WAY

BROWN-UP OR JAYHAWK



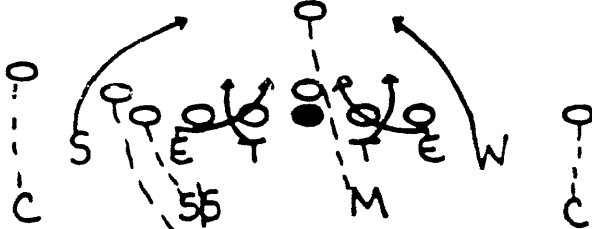
FRANK
OR
ZEBRA

WHITE



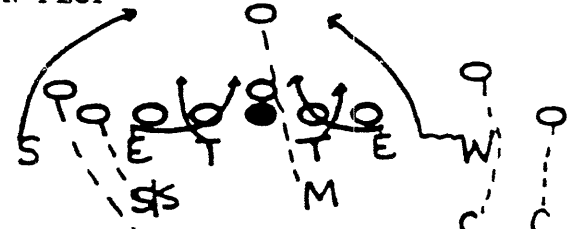
FRANK
OR
ZEBRA

TWIN



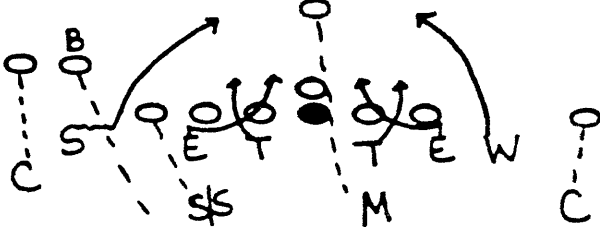
ZEBRA
OR
3-WAY

TWIN FLOP



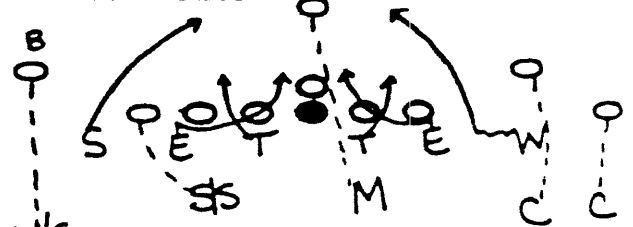
ZEBRA
OR
3-WAY

TWIN OPEN



FRANK,
ZEBRA, OR 3-WAY

TWIN OPEN FLOP

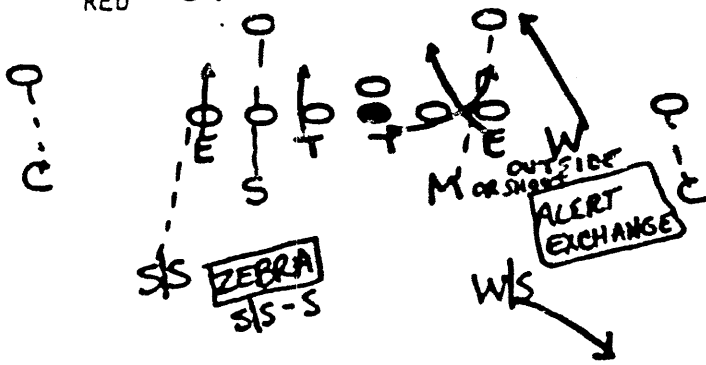


FRANK
OR
ZEBRA

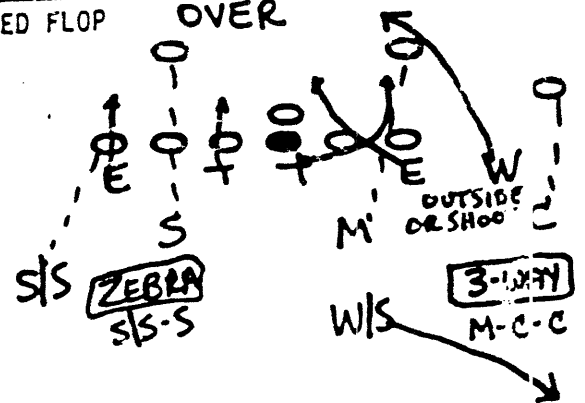
(OVER AND UNDER)

WILL 67

RED OVER

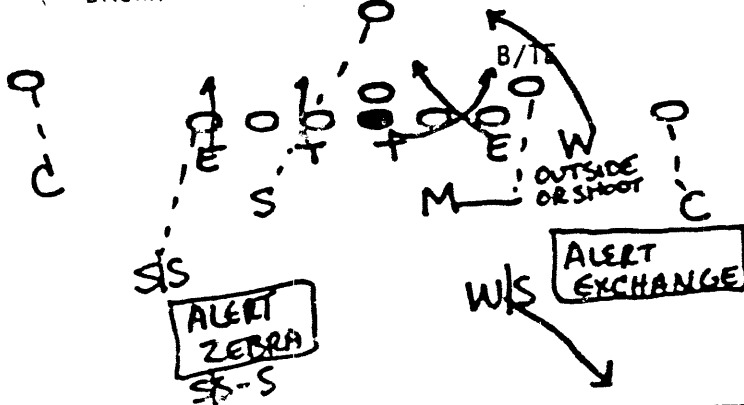


RED FLOP OVER

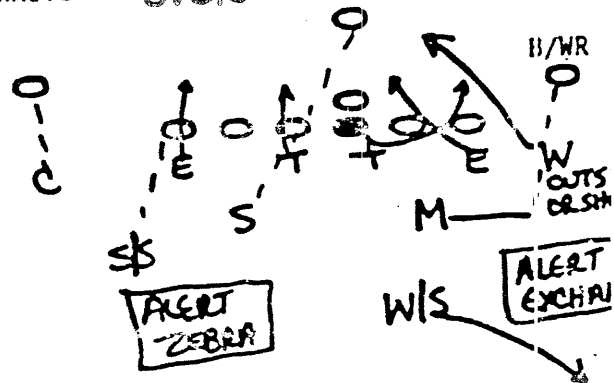


BROWN-UP or JAYHAWK

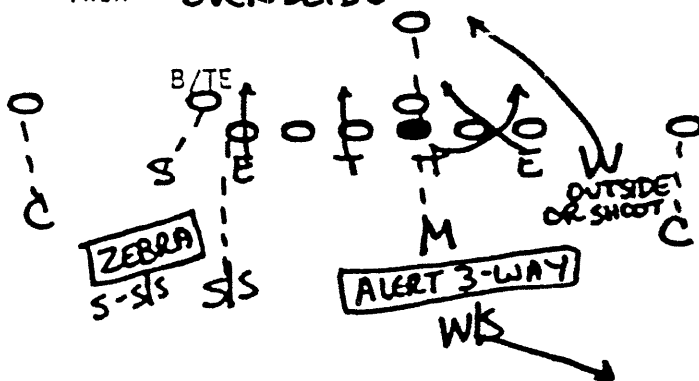
OVER



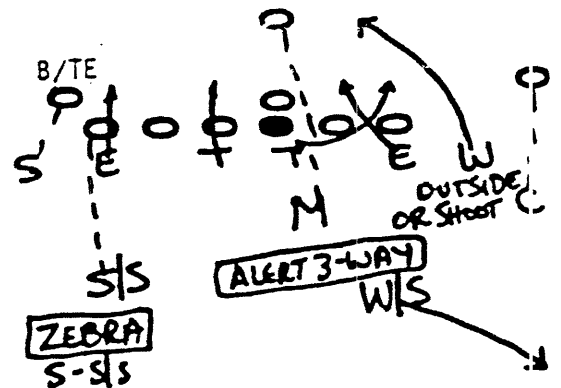
WHITE OVER



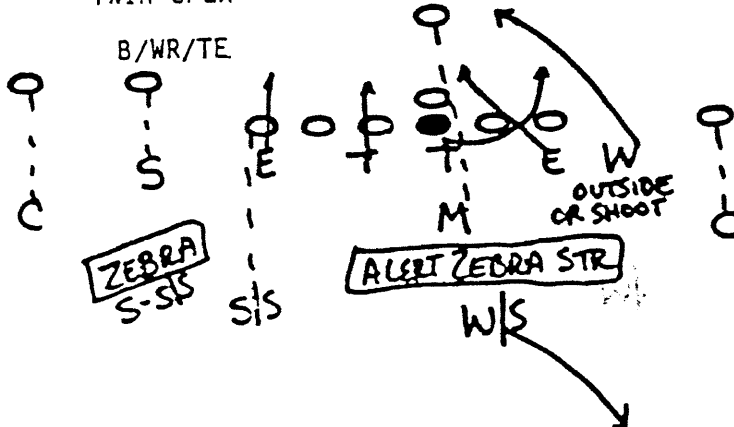
TWIN OVER SLIDE



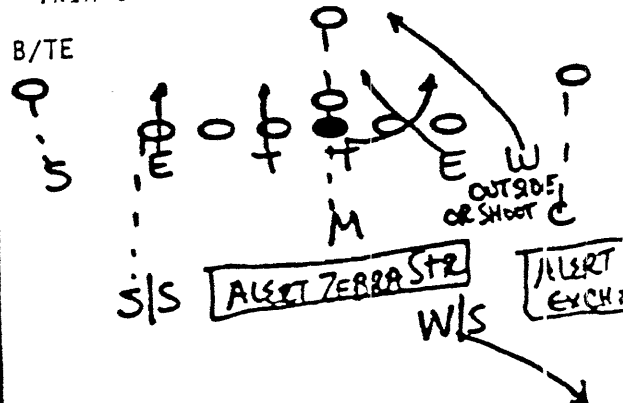
TWIN FLOP OVER SLIDE



TWIN OPEN OVER SLIDE

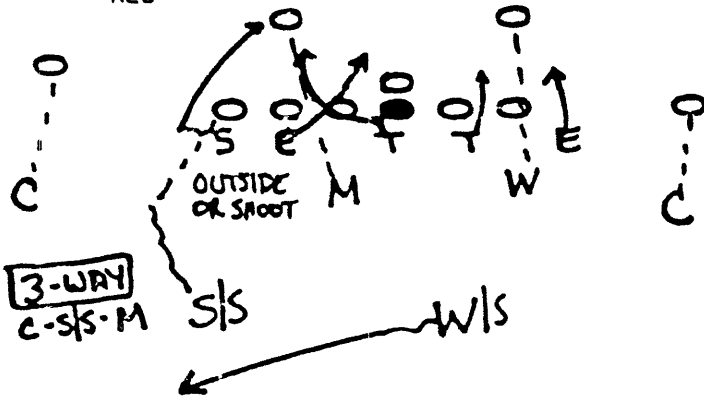


TWIN OPEN FLOP OVER SLIDE

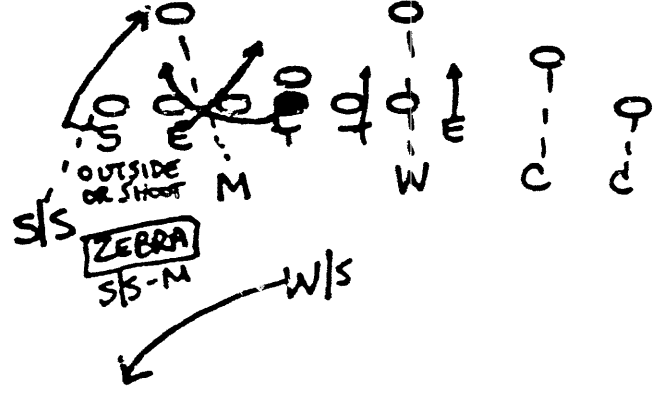


(OVER AND UNDER) GIANT

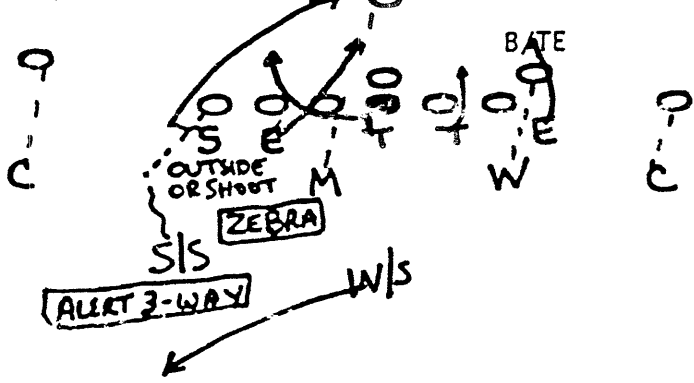
RED UNDER



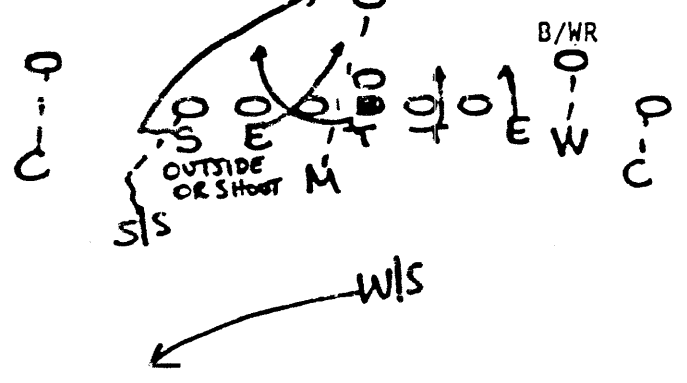
RED FLOP UNDER



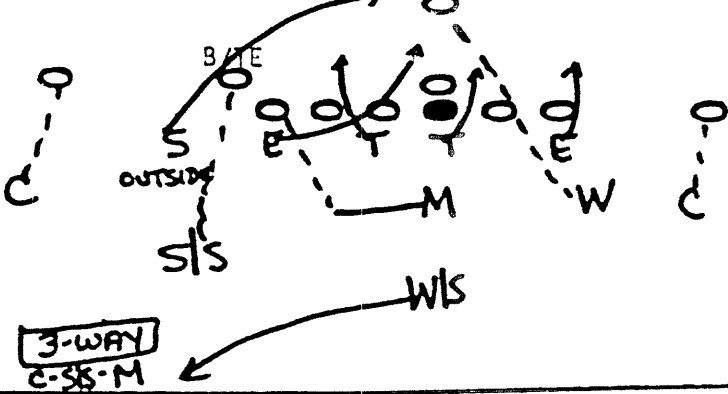
BROWN-UP or JAYHAWK UNDER



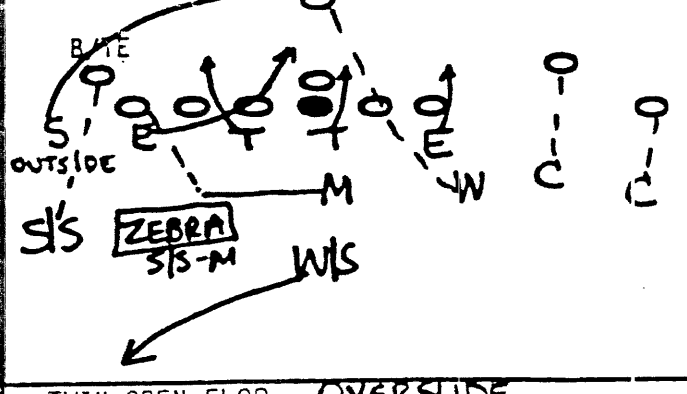
WHITE UNDER



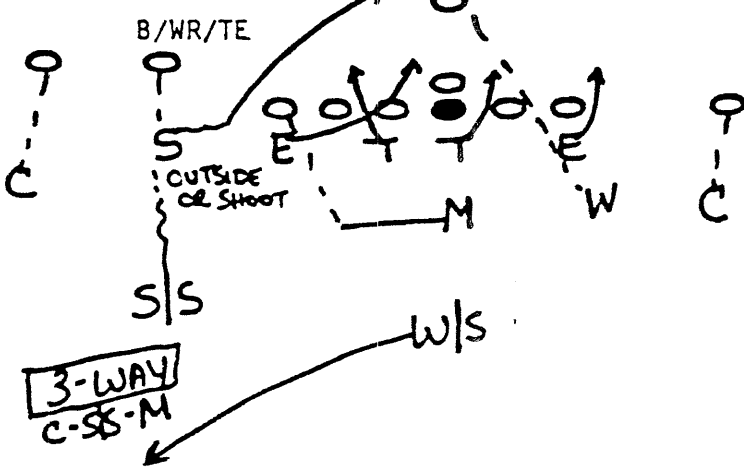
TWIN OVERSLIDE



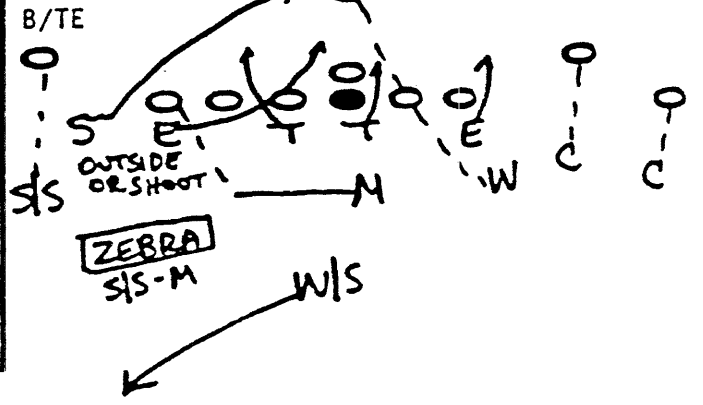
TWIN FLOP OVERSLIDE



TWIN OPEN OVERSLIDE

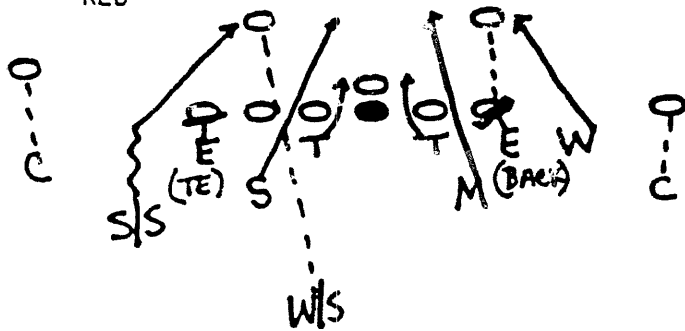


TWIN OPEN FLOP OVERSLIDE

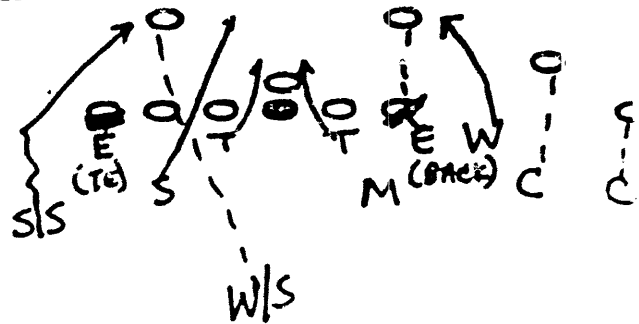


43 ALL-OUT

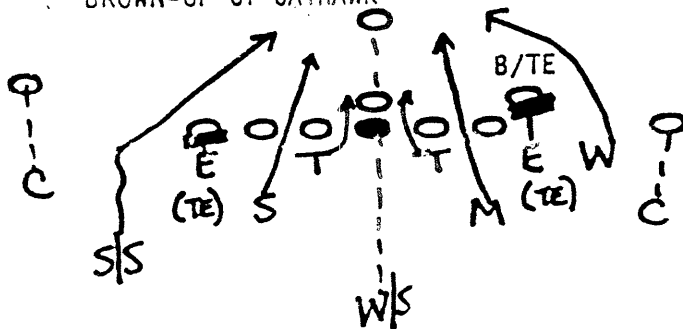
RED



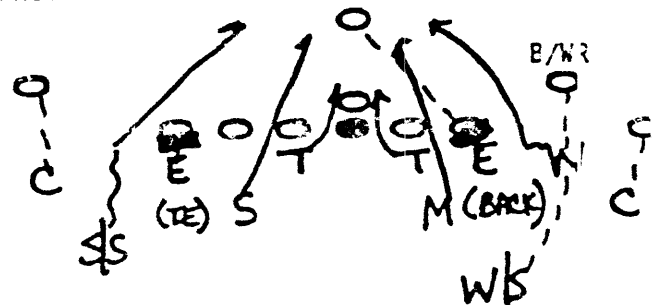
RED FLOP



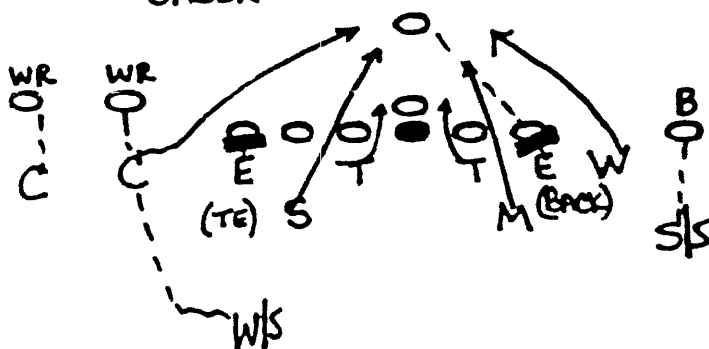
BROWN-UP or JAYHAWK



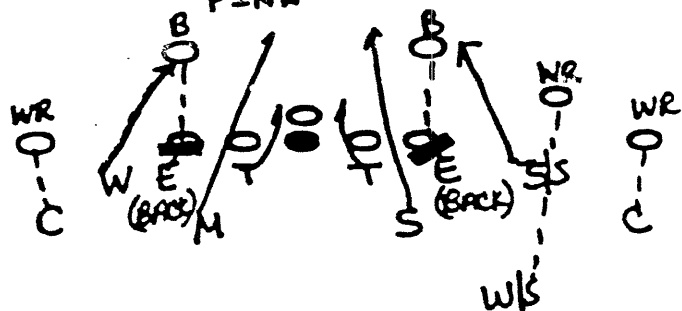
WHITE



GREEN

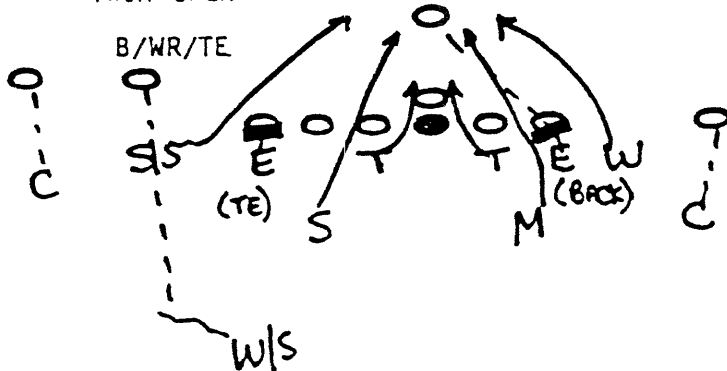


PINK

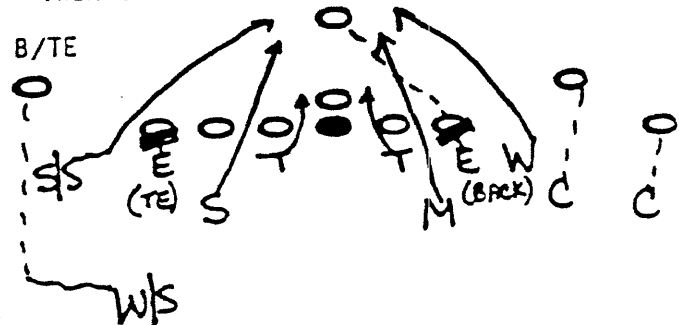


* FLDP CORNER BLITZES VS. GREEN

TWIN OPEN

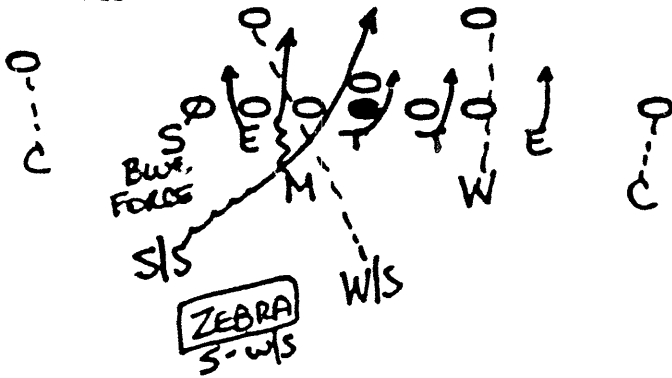


TWIN OPEN FLOP

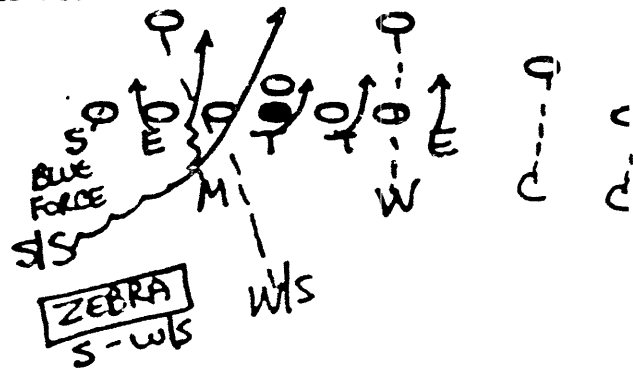


UNDER MIKE/STRONG SAFETY

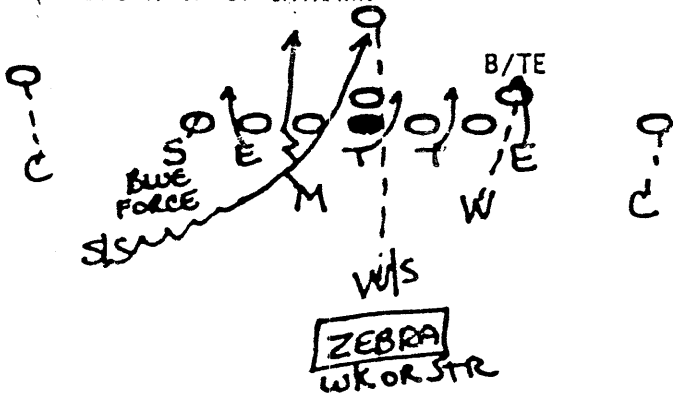
RED



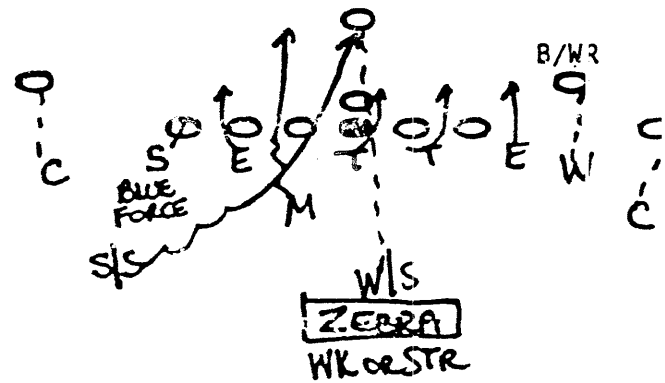
RED FLOP



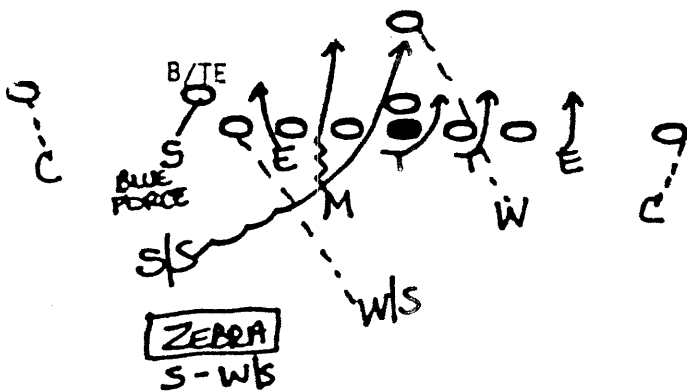
BROWN-UP or JAYHAWK



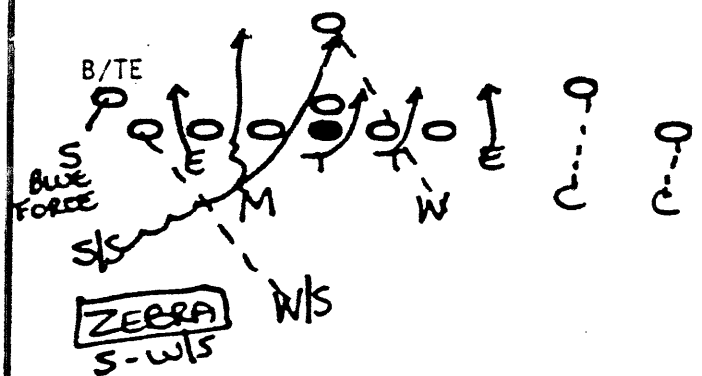
WHITE



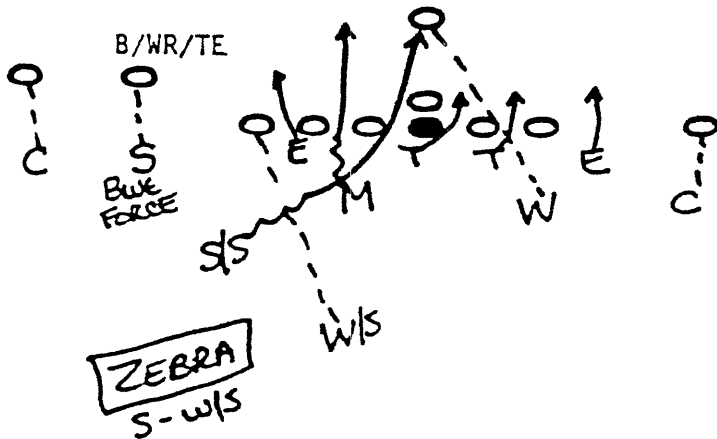
TWIN



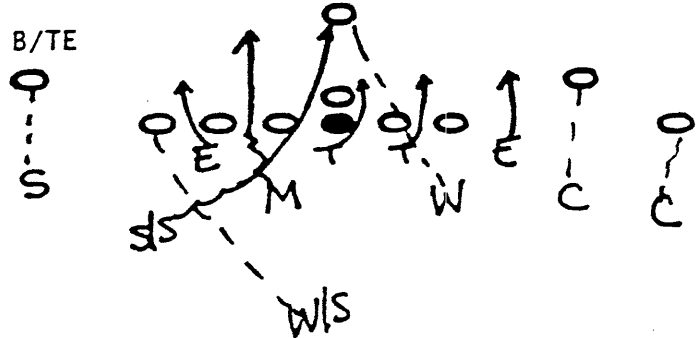
TWIN FLOP



TWIN OPEN

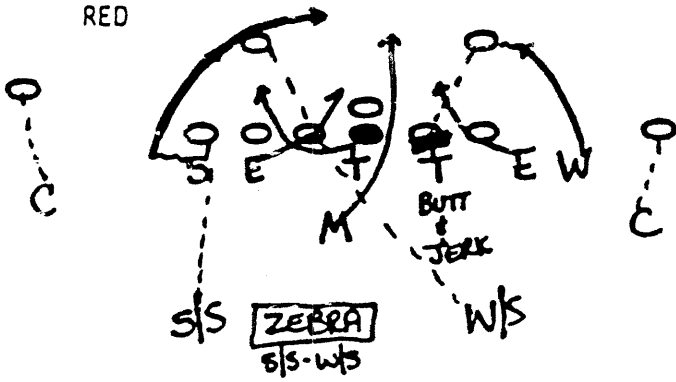


TWIN OPEN FLOP

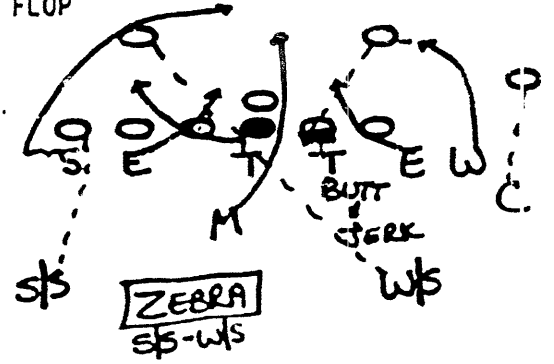


UNDER SPECIAL

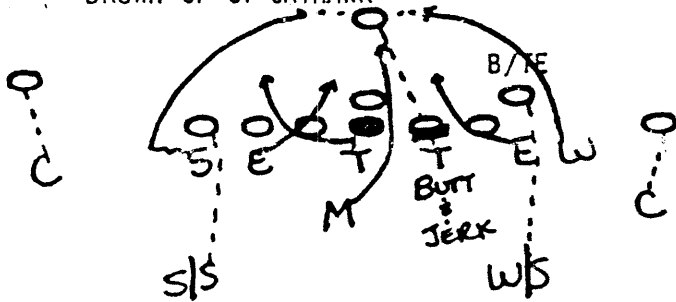
RED



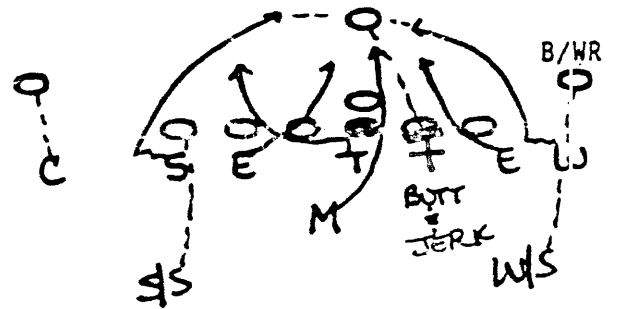
RED FLOP



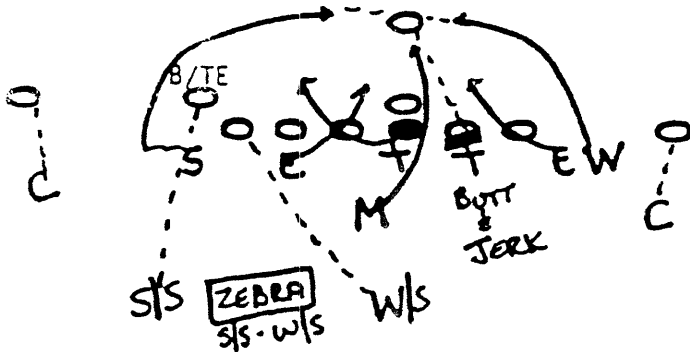
BROWN-UP or JAYHAWK



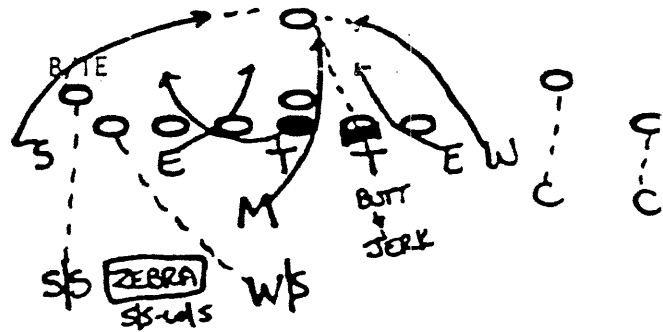
WHITE



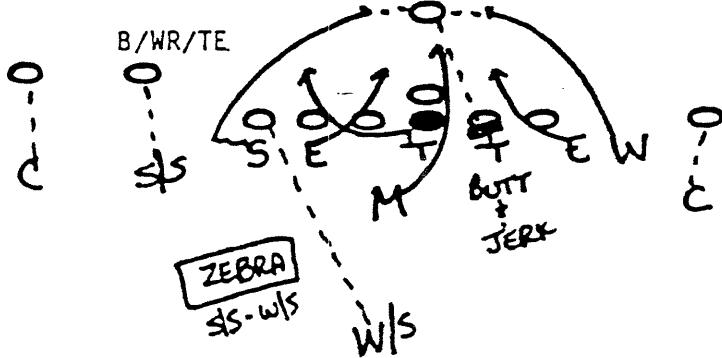
TWIN



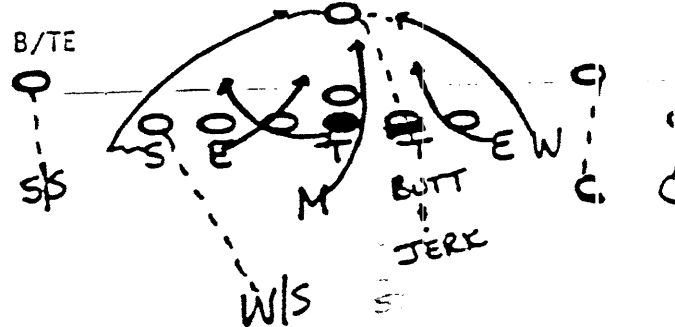
TWIN FLOP



TWIN OPEN

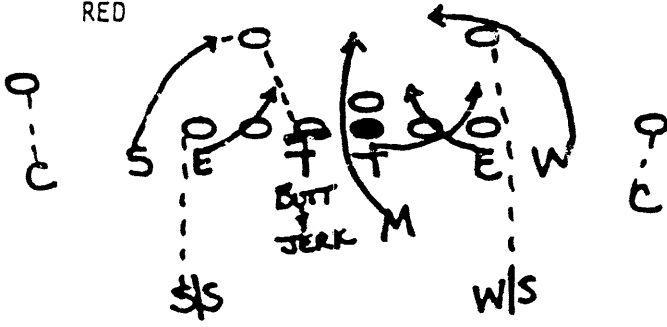


TWIN OPEN FLOP

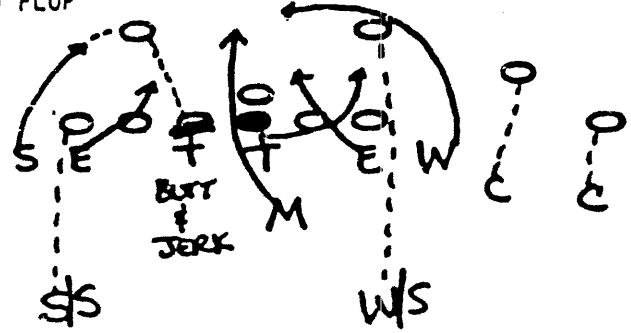


OVER-SLIDE SCHOOLYARD

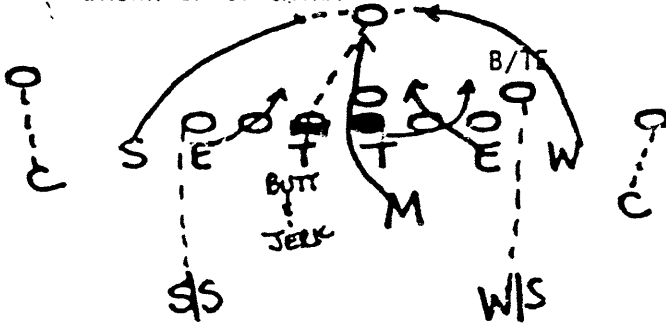
RED



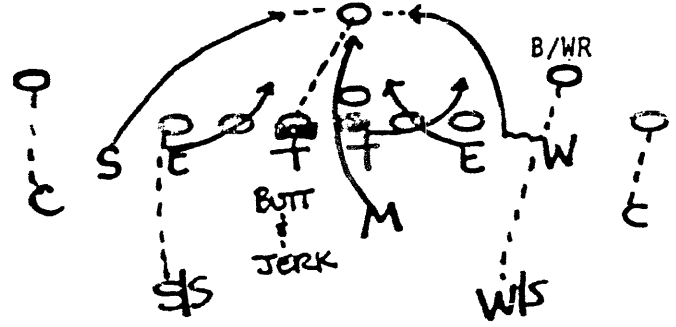
RED FLOP



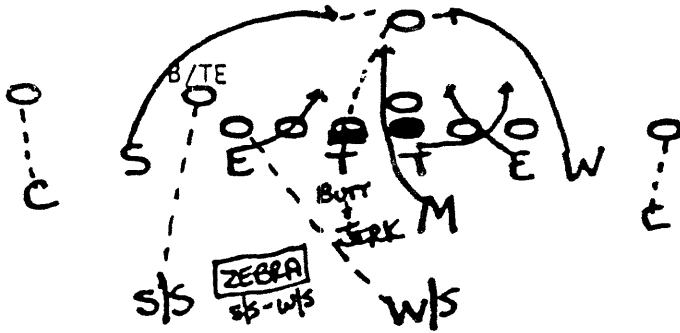
BROWN-UP or JAYHAWK



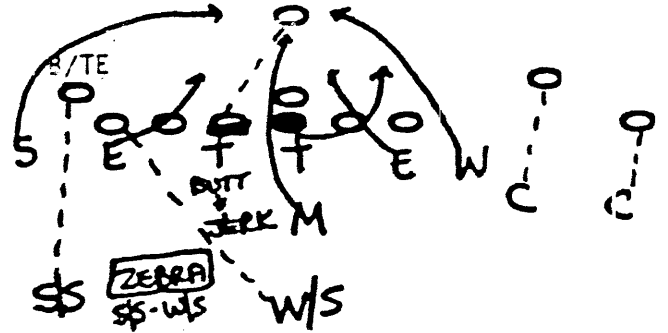
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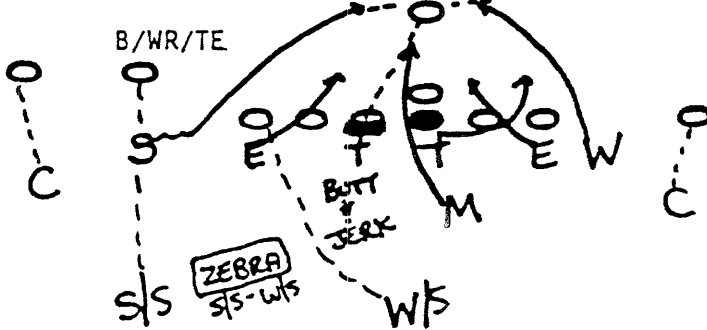
TWIN



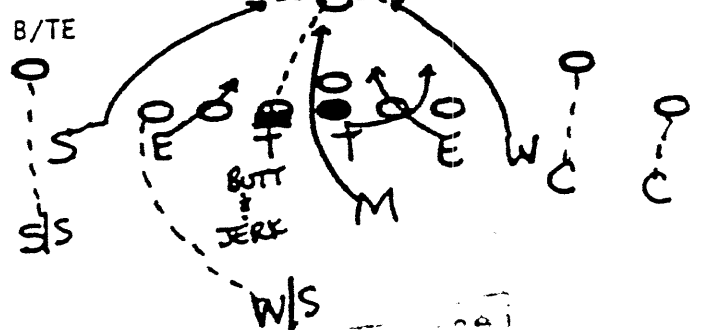
TWIN FLOP



TWIN OPEN



TWIN OPEN FLOP



POINTS TO STRESS IN PASS COVERAGE

- I. Defensive Backs - Man to Man
1. Alignment - Align correctly
 2. Key - For End Run Force or Pass Coverage (keys may vary vs. certain opponents).
 3. Concentrate - After you have your key, turn eyes back to the receiver and concentrate your attention on receiver until he makes his final move.
 4. Backpedaling - Backpedal straight back with shoulders parallel to line of scrimmage, weight on balls of the feet, good balance.
 5. Position - Gain a position on receiver designed for each coverage. Gain this position as rapidly as possible.
 6. Break & Drive - When receiver has made his final break, break drive quickly with his break, still concentrating on the receiver, to interception. See if ball can be intercepted, if not key back to receiver for double move.
 7. The Ball - When the ball is in the air always be in a position to explode through the receiver or be in a position to step in front of the receiver to take the ball at its highest point.

Coaching Points: (Man to Man)

Alignments:

1. Use a balanced stance, weight evenly distributed on balls of feet, knees flexed.
2. Use the sideline to your advantage when possible.
3. Play correct alignment, disguise when possible.

Key:

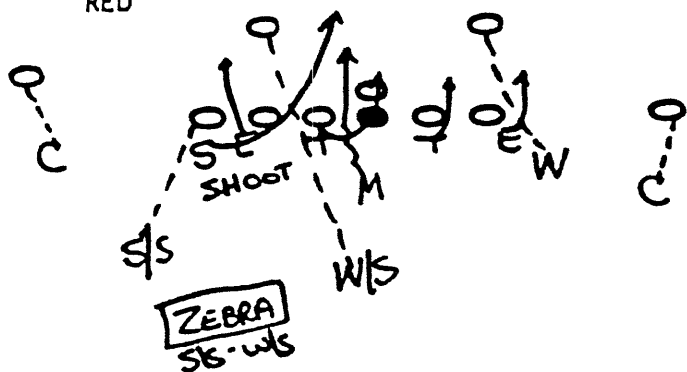
1. Recognize formation and locate your key.
2. Develop ability of rapidly keying and coming back to receiver.
3. Experience will enable you to use secondary keys to your advantage.
4. Learn to use your pass keys on pass situation.

Concentration:

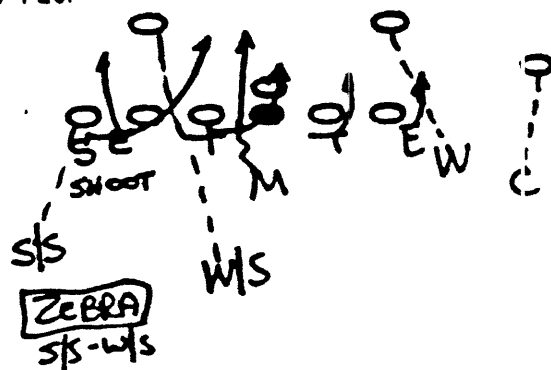
1. Ignore everything but the receiver - do not let anything distract you from the receiver you are covering.
2. Discipline yourself to concentrate on receiver.
3. Being able to concentrate on a receiver is 75% of M-M coverage.

4-3 SAM SAMURAI

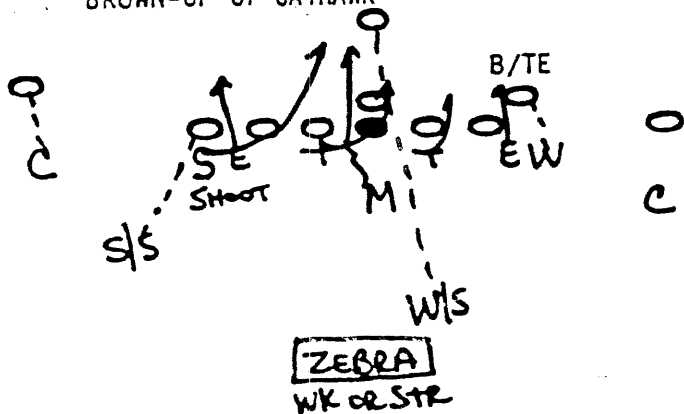
RED



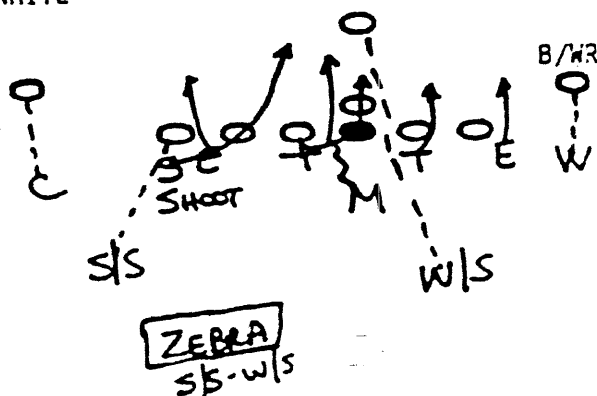
RED FLOP



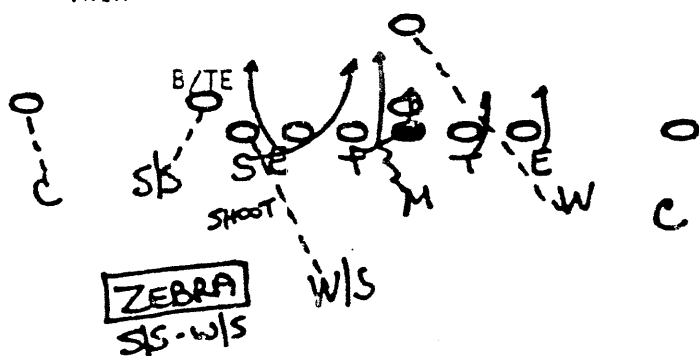
BROWN-UP or JAYHAWK



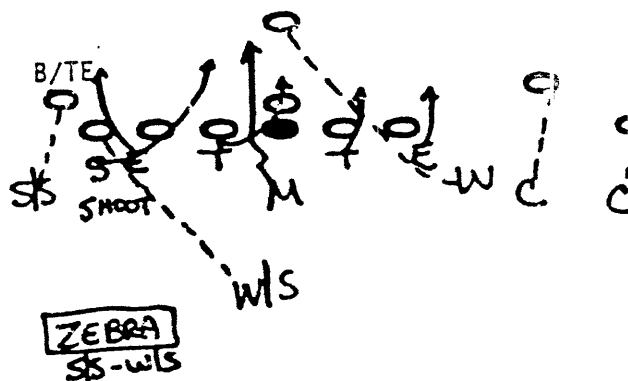
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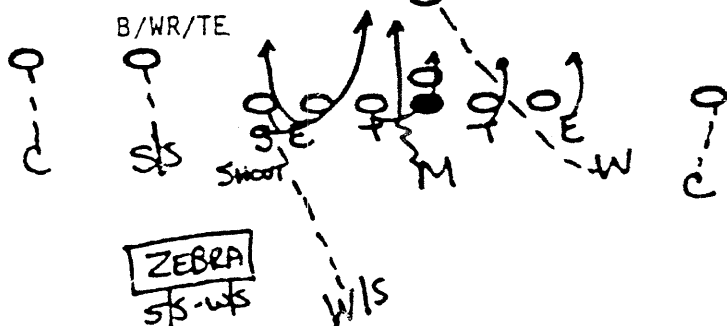
TWIN



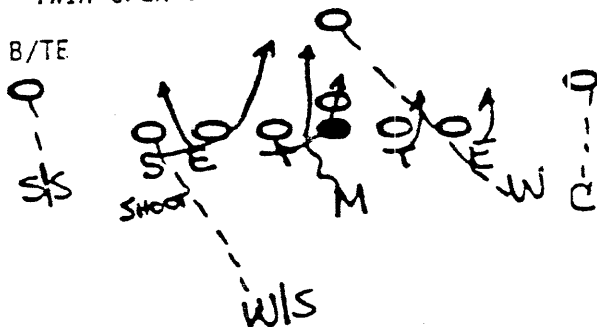
TWIN FLOP



TWIN OPEN

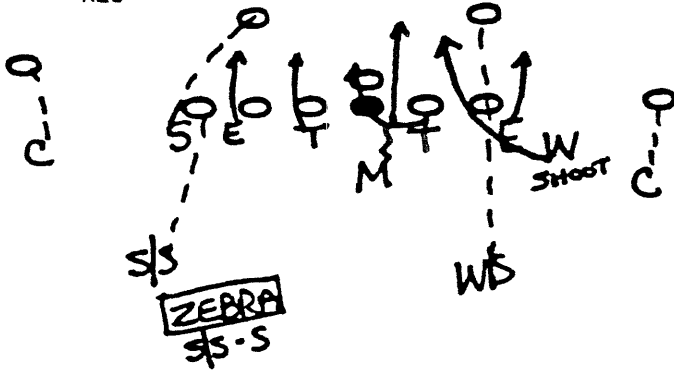


TWIN OPEN FLOP

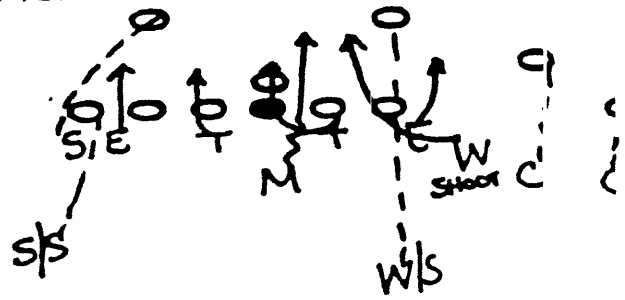


4-3 WILL SAMURAI

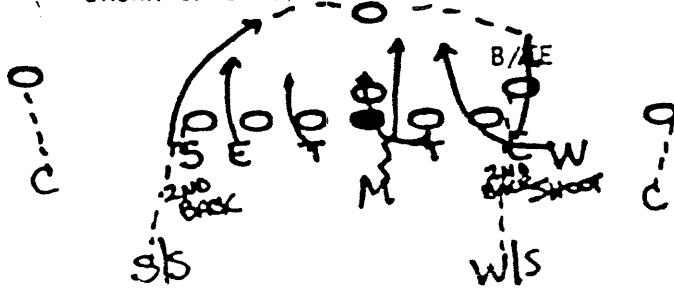
RED



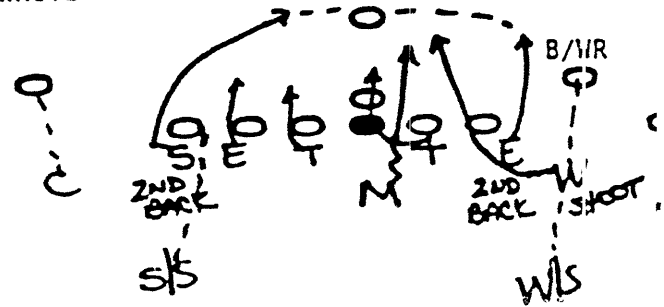
RED FLOP



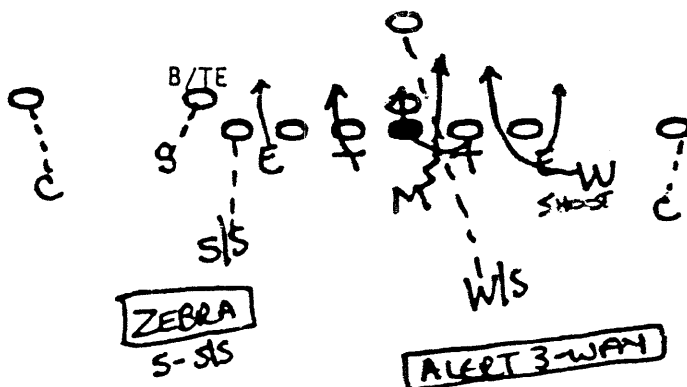
BROWN-UP or JAYHAWK



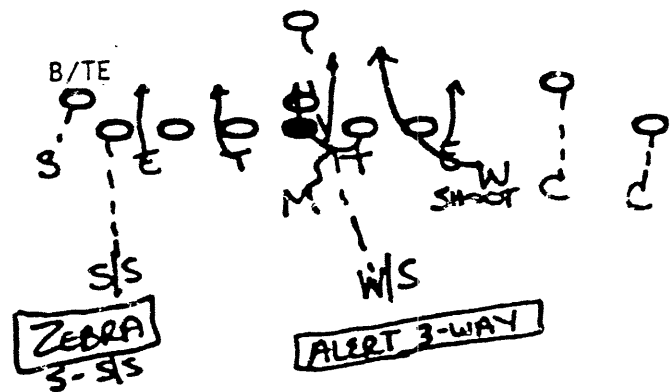
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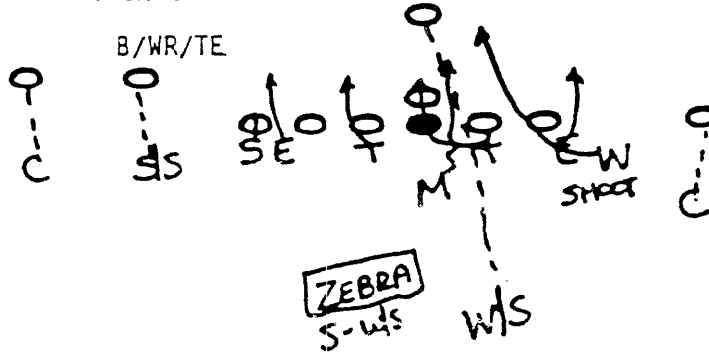
TWIN



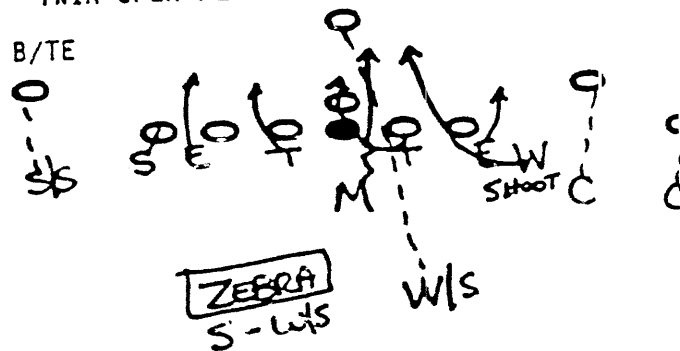
TWIN FLOP



TWIN OPEN

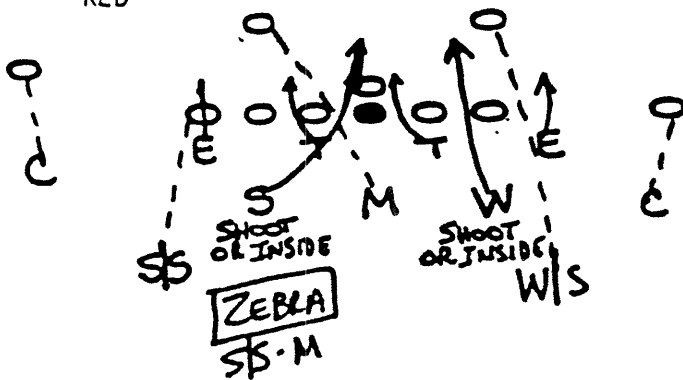


TWIN OPEN FLOP

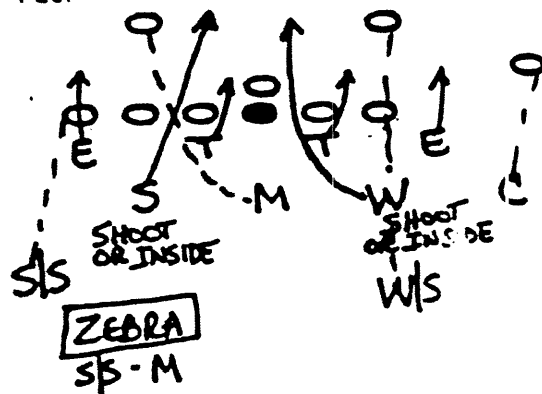


SWIM 40

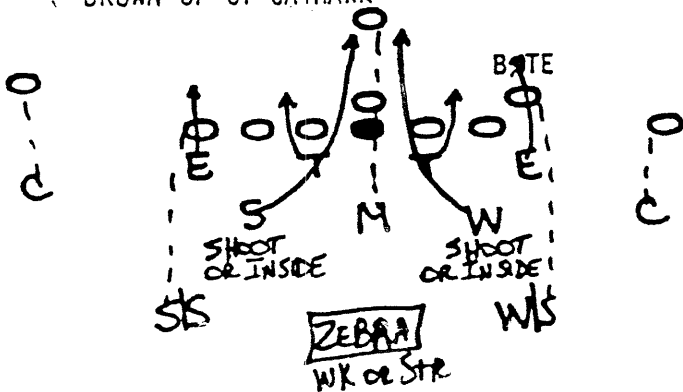
RED



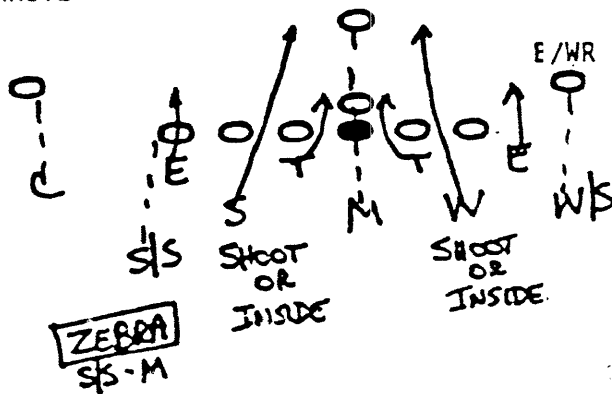
RED FLOP



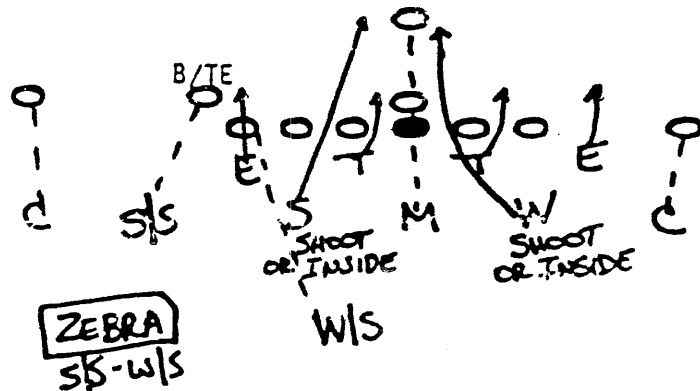
BROWN-UP or JAYHAWK



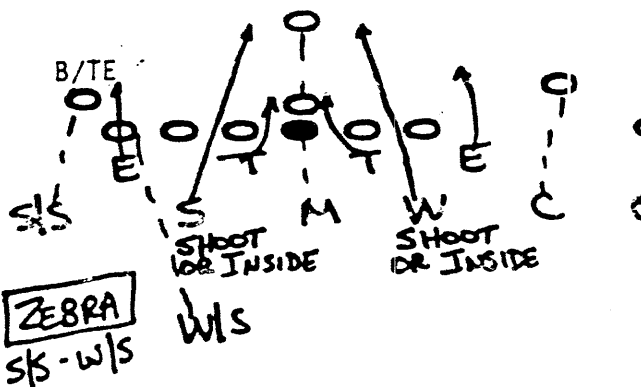
WHITE



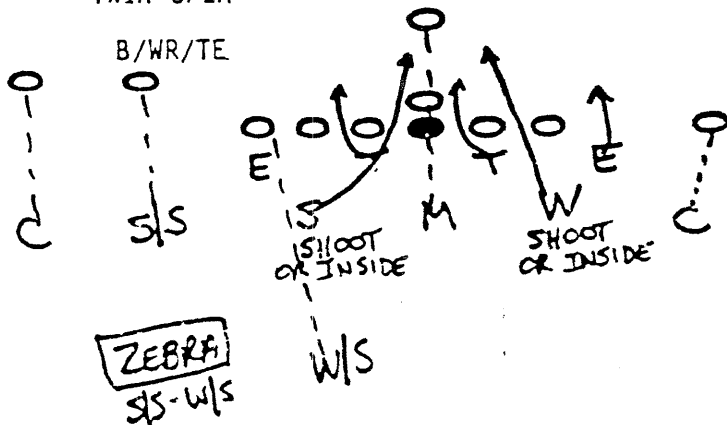
TWIN



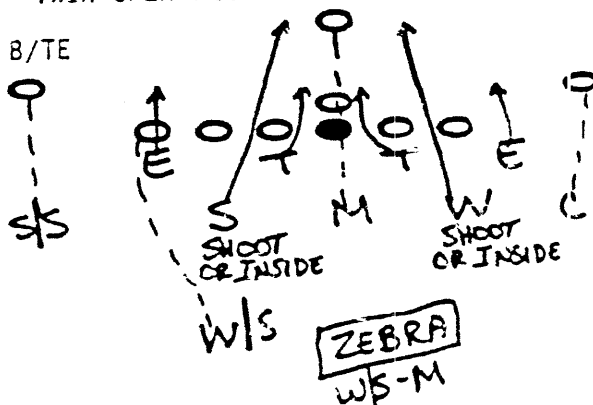
TWIN FLOP



TWIN OPEN

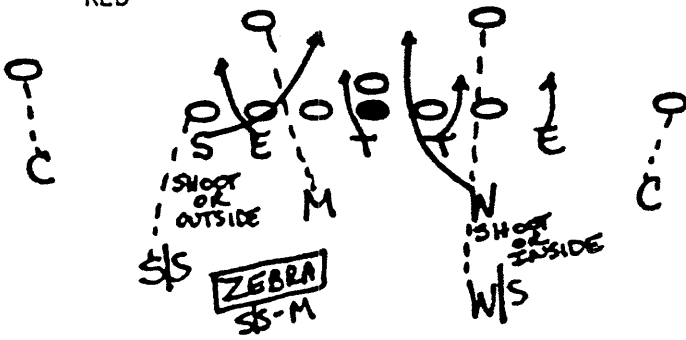


TWIN OPEN FLOP

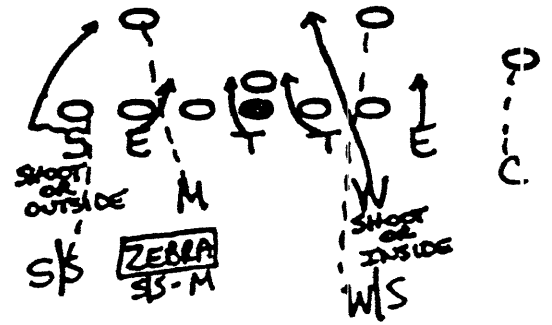


UNDER 40

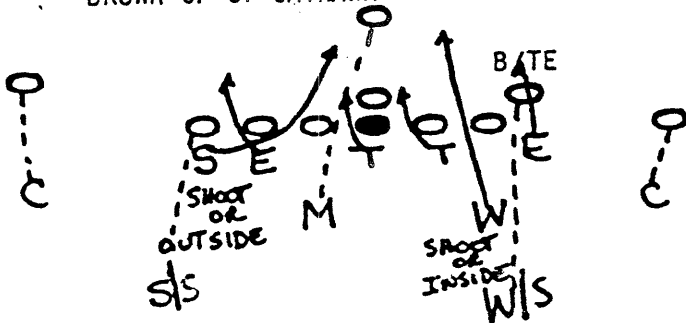
RED



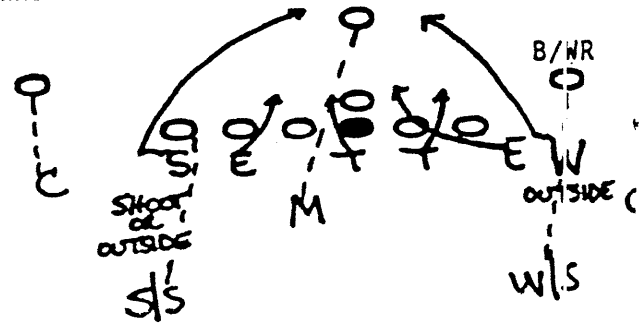
RED FLOP



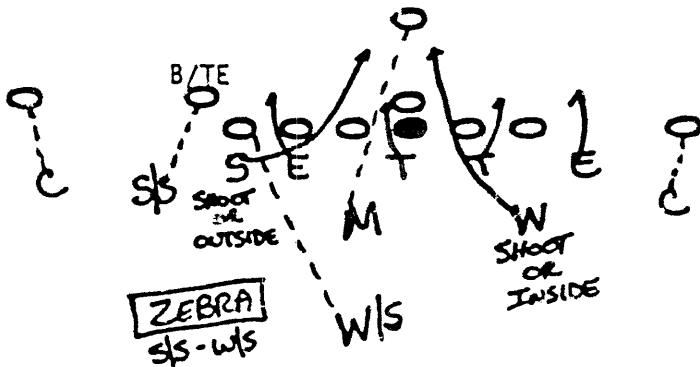
BROWN-UP or JAYHAWK



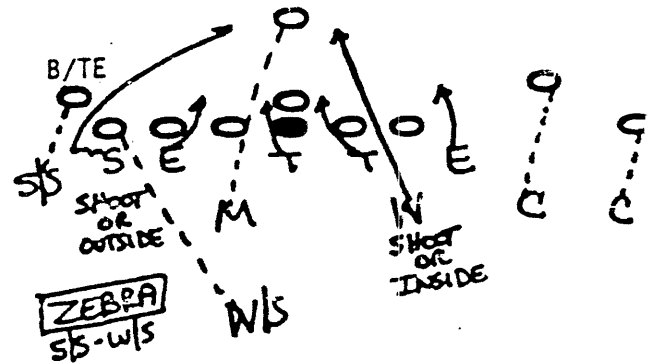
WHITE



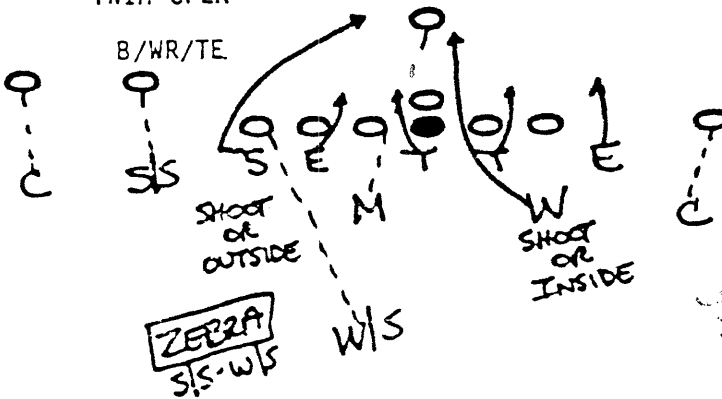
TWIN



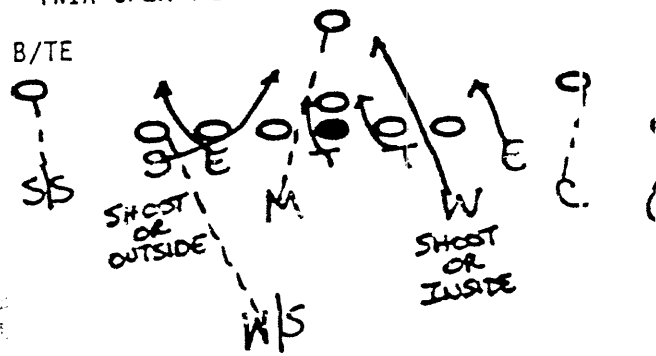
TWIN FLOP



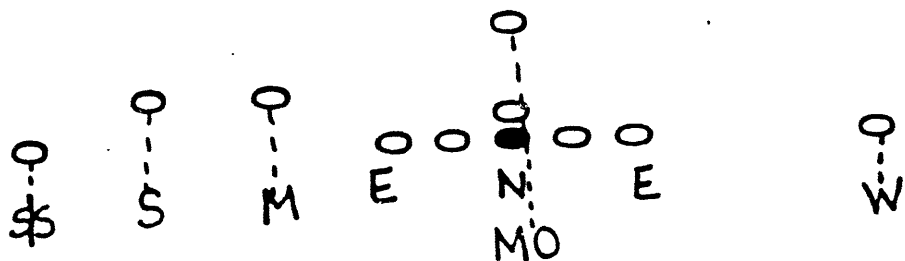
TWIN OPEN



TWIN OPEN FLOP



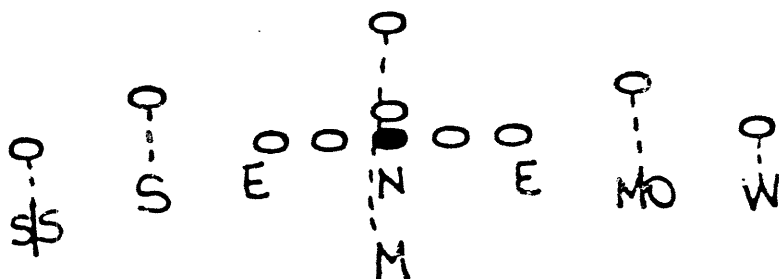
FRONT: 34
COVERAGE: 3 DEEP BUMP



C
↓

W/S
↓

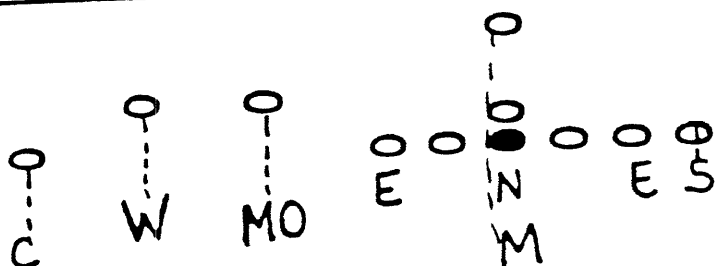
C
↓



C
↓

W/S
↓

C
↓



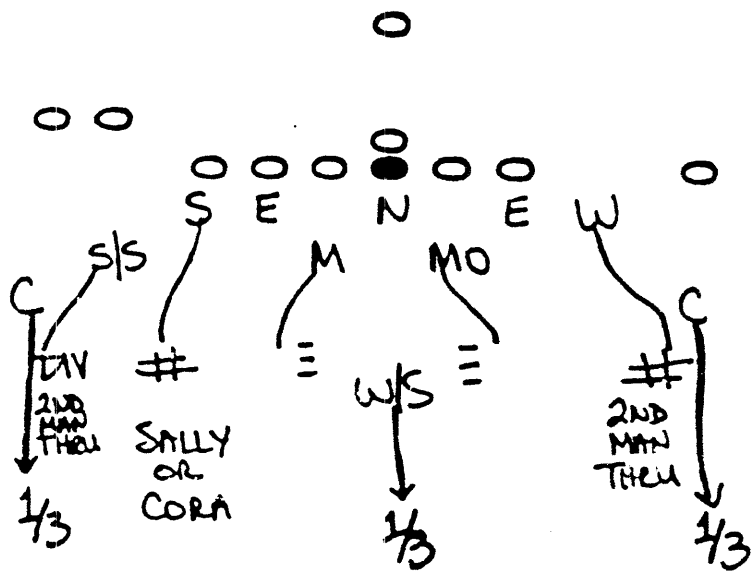
C
↓

W/S
↓

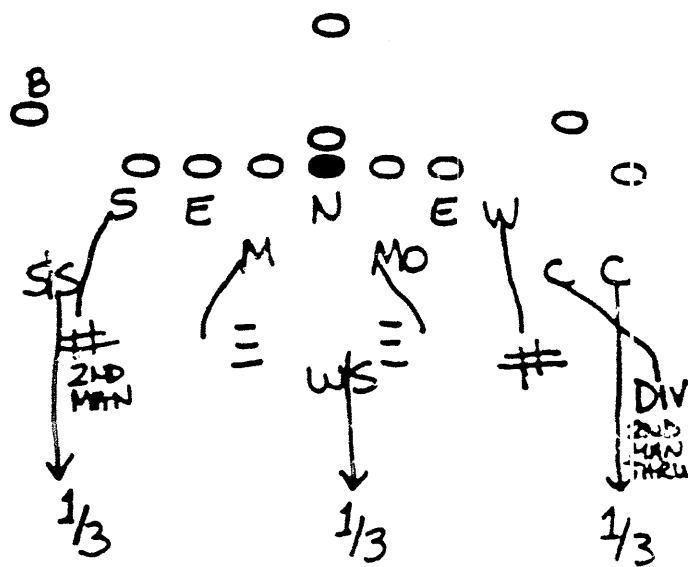
S/S
↓

FRONT: 34
 COVERAGE: ZEKE ZONE

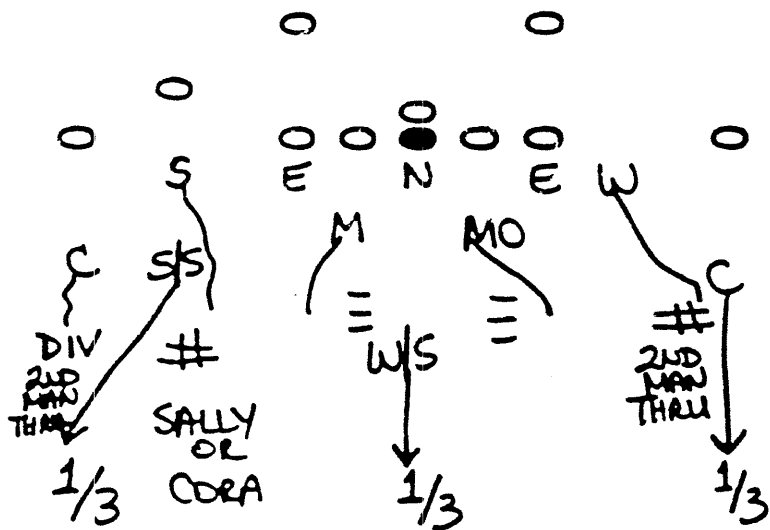
TWIN OPEN



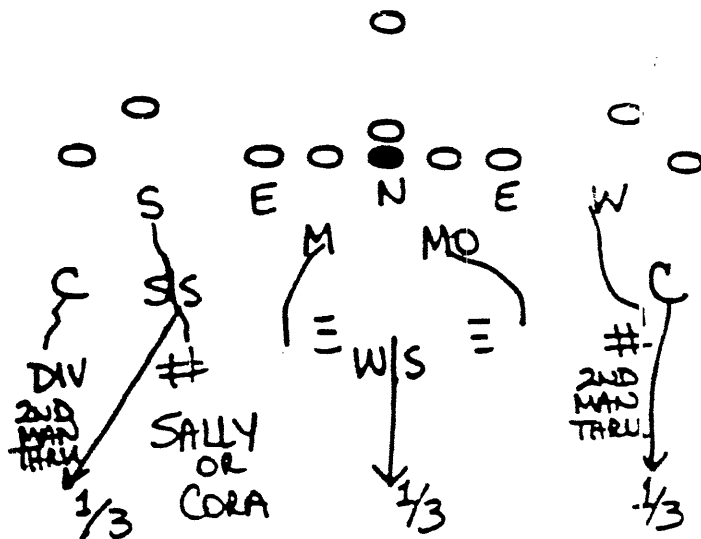
TWIN OPEN FLOP



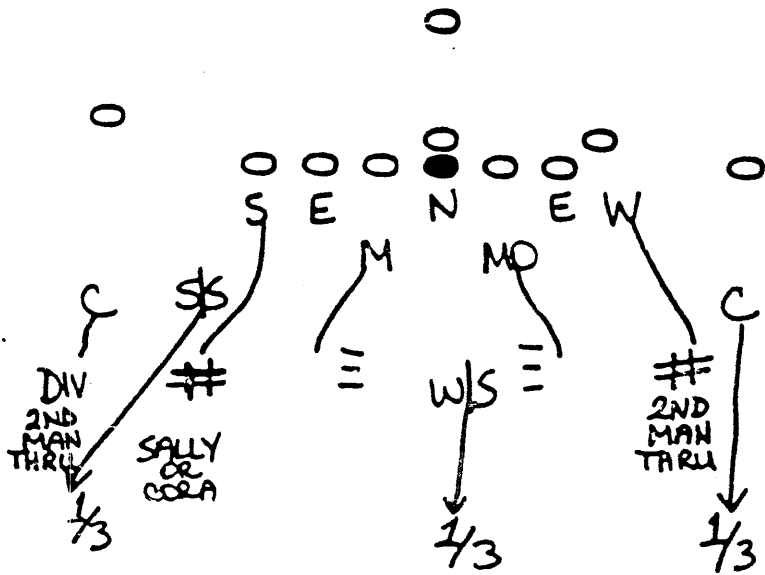
PINK



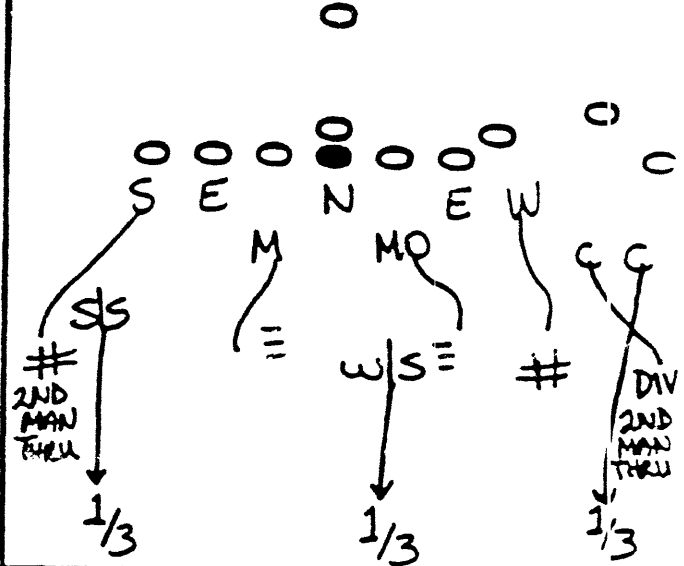
ORANGE



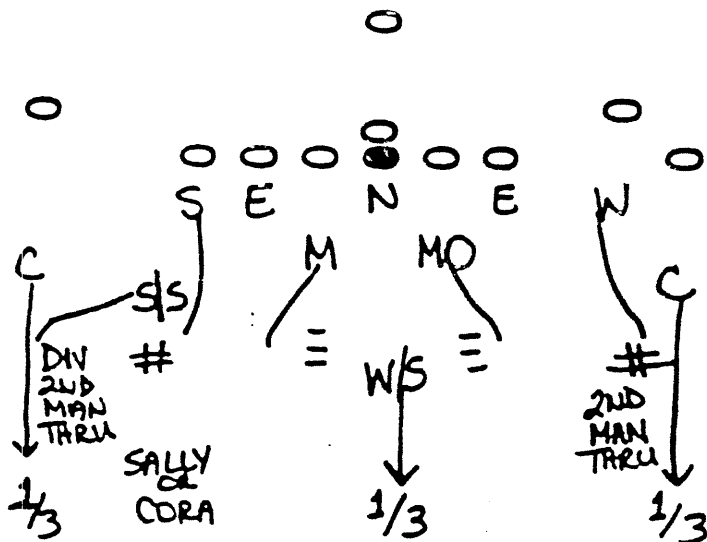
BROWN-UP OR JAYHAWK



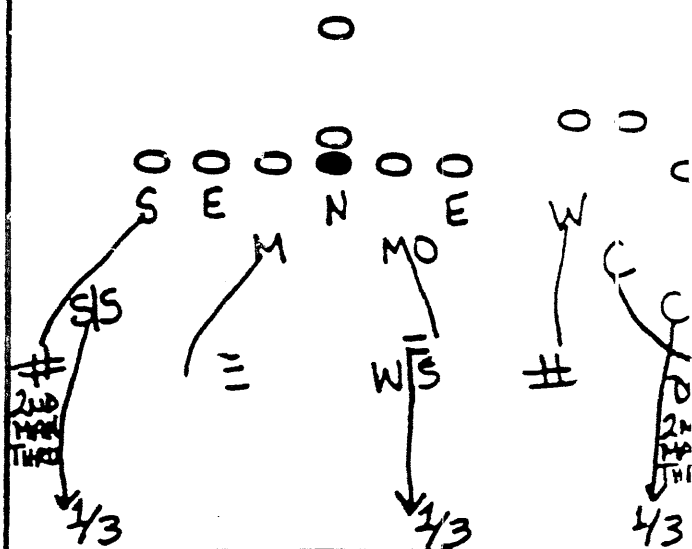
BROWN-UP FLOP OR JAYHAWK FLOP



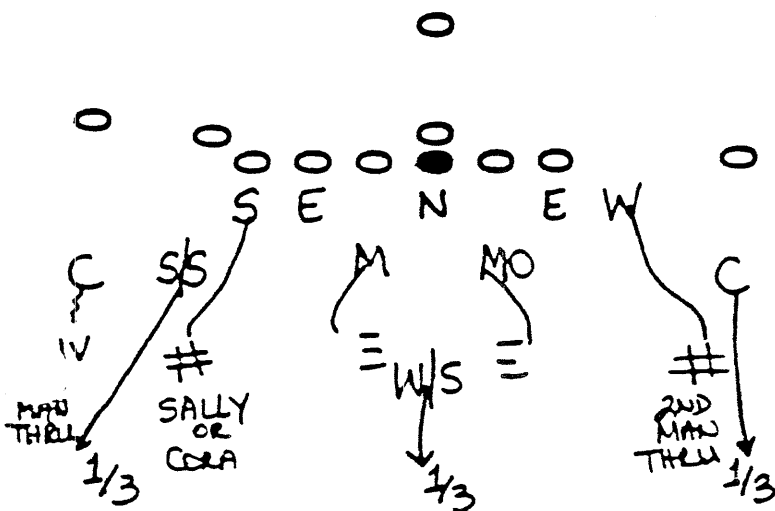
WHITE



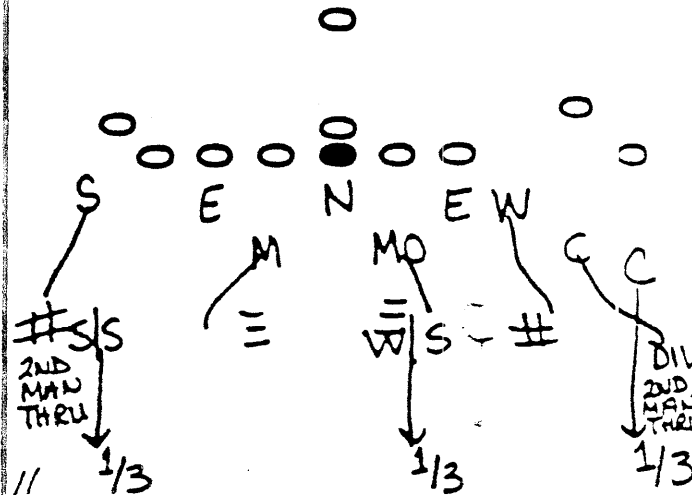
WHITE FLOP



TWIN



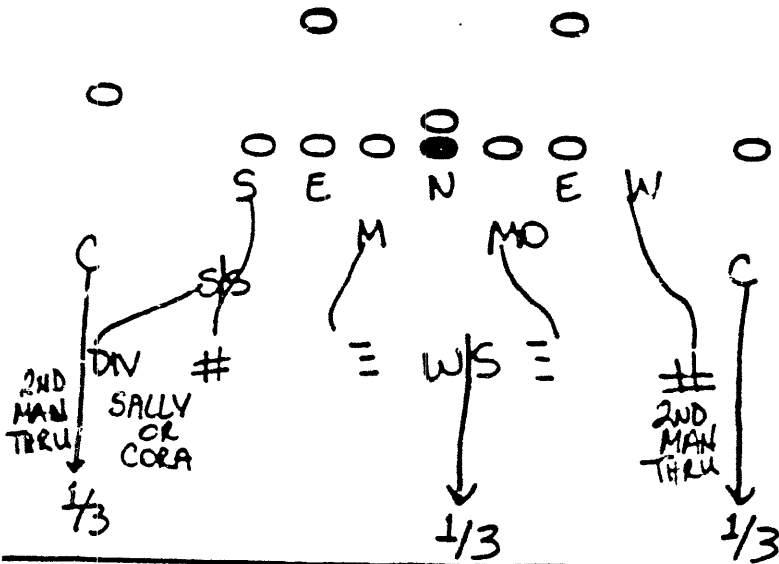
TWIN FLOP



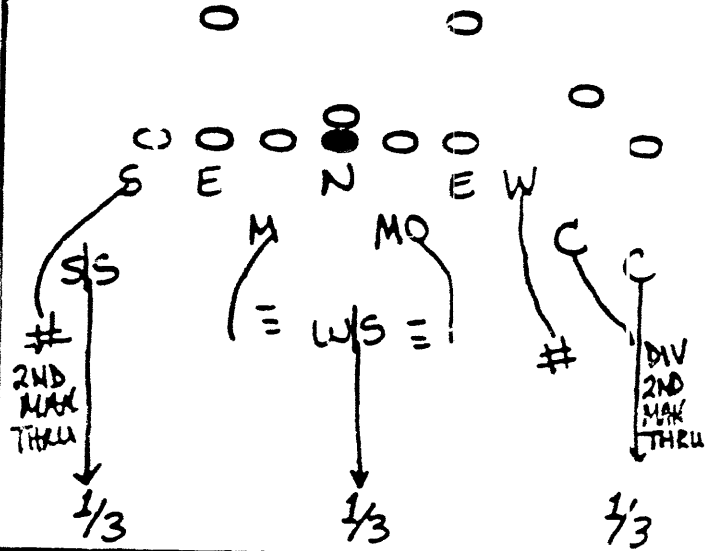
FRONT: 34

COVERAGE: ZEKE ZONE

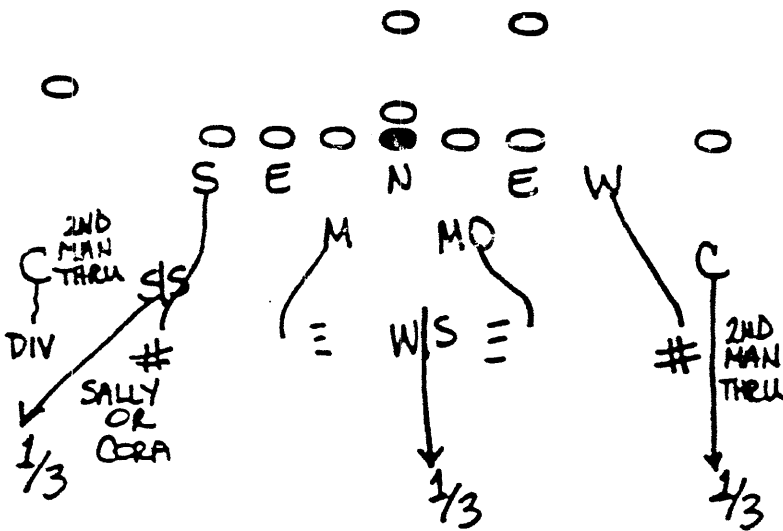
RED



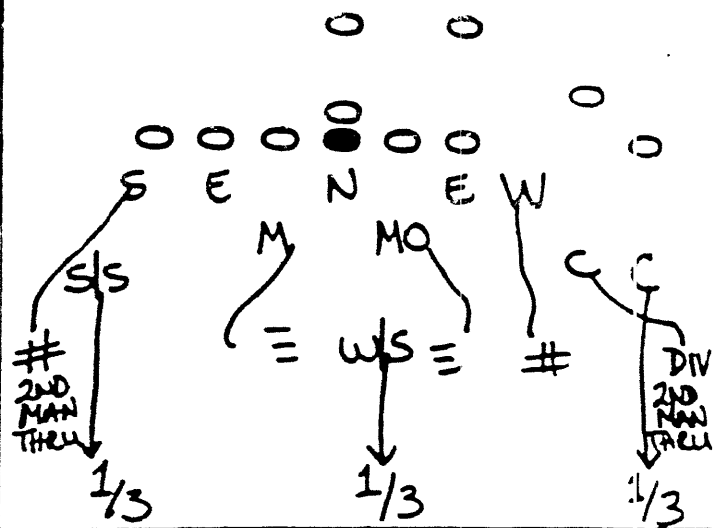
RED FLOP



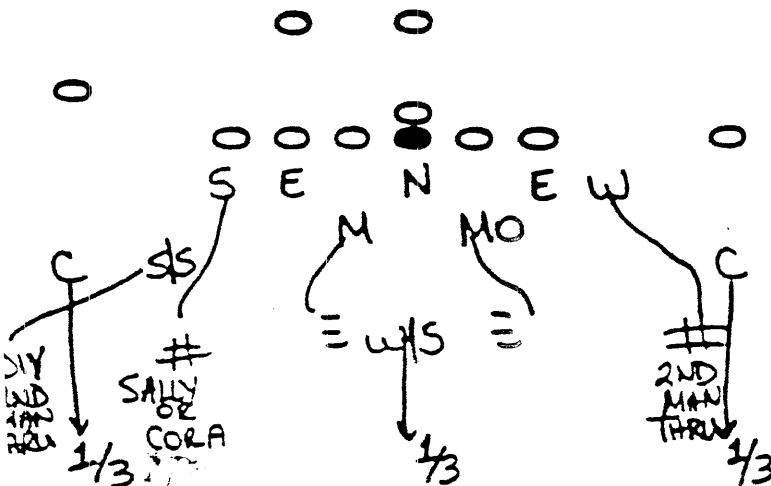
BROWN



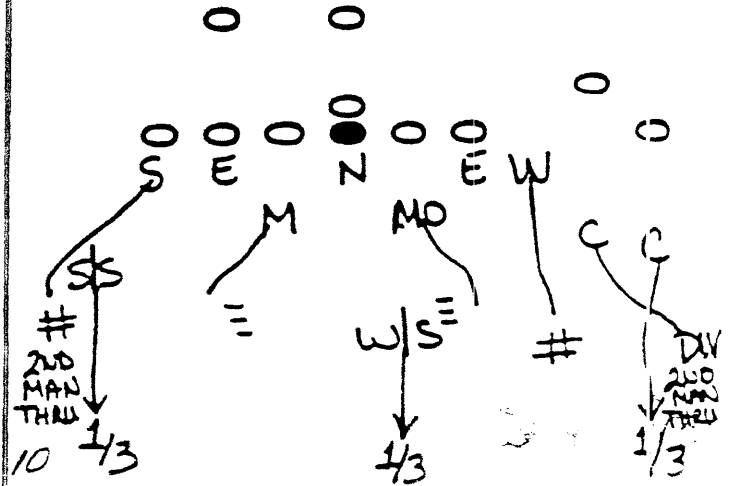
BROWN FLOP



BLUE

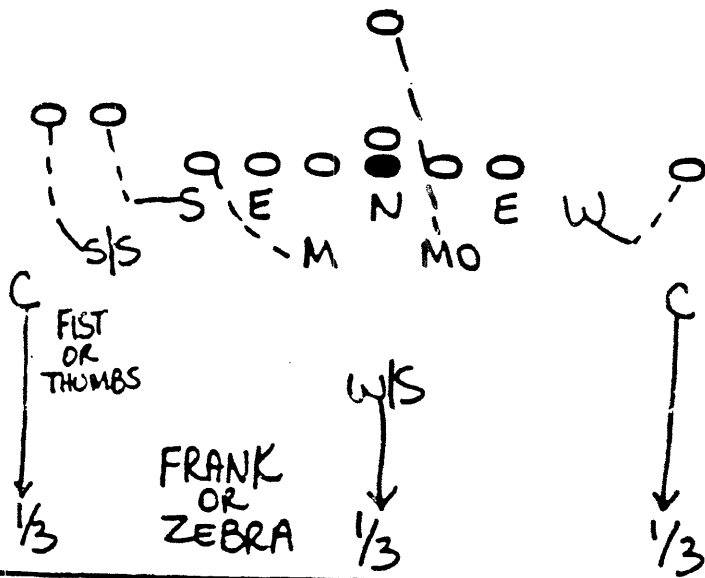


BLUE FLOP

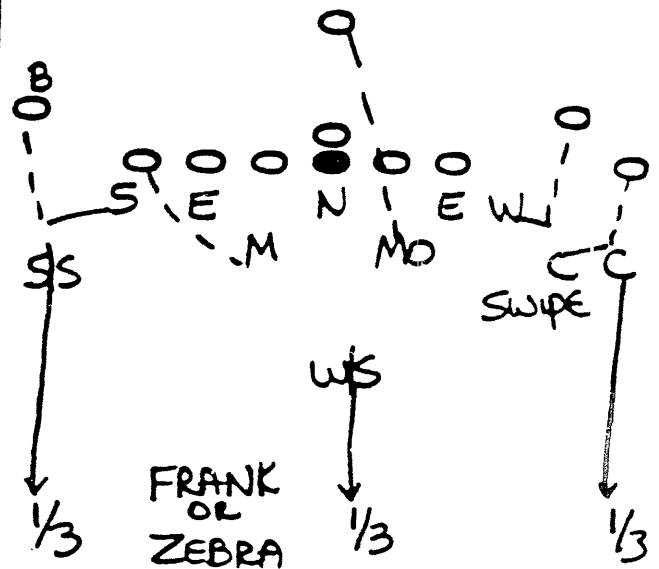


FRONT: 34
 COVERAGE: ZEKE

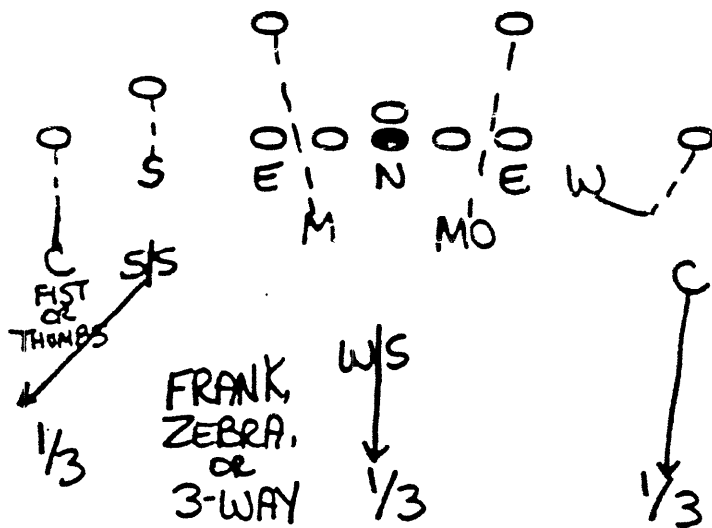
TWIN OPEN



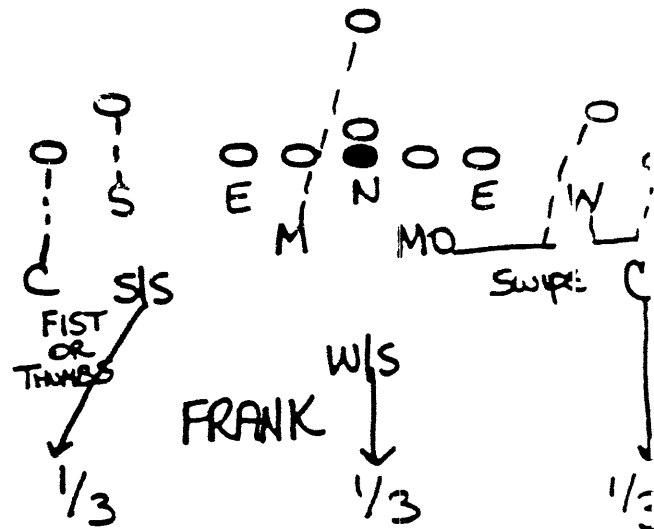
TWIN OPEN FLOP



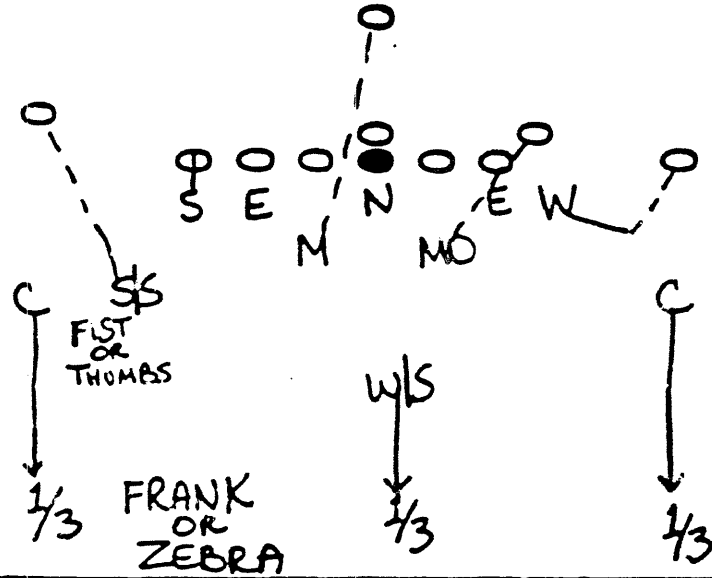
PINK



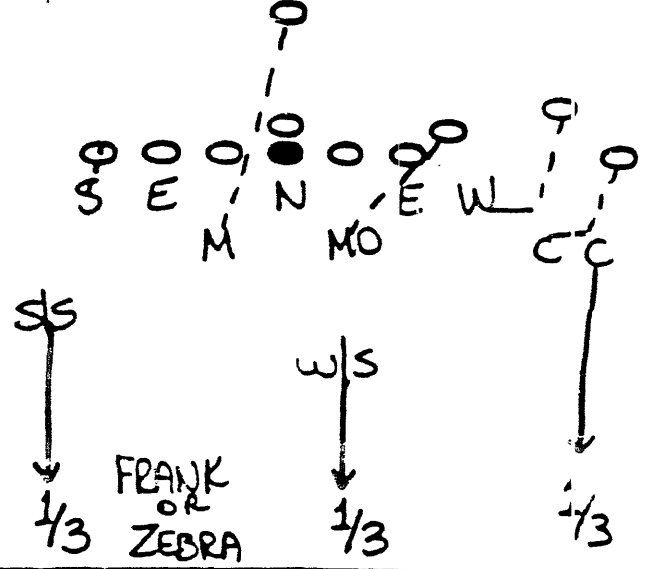
ORANGE



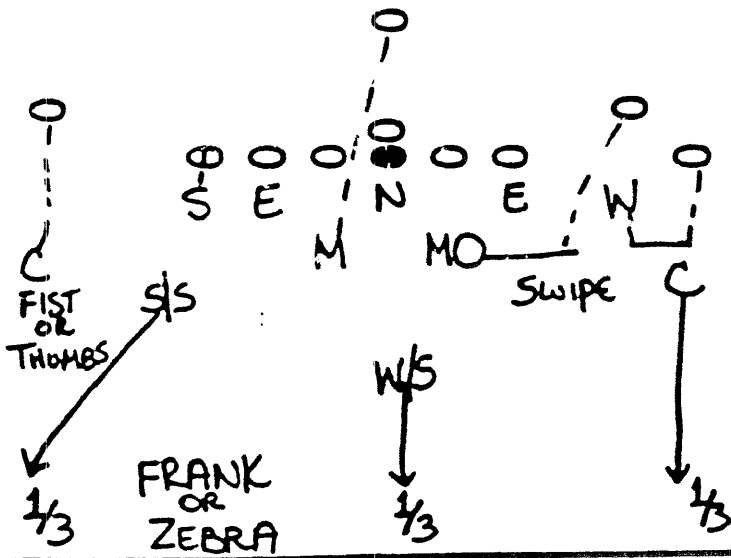
BROWN-UP OR JAYHAWK



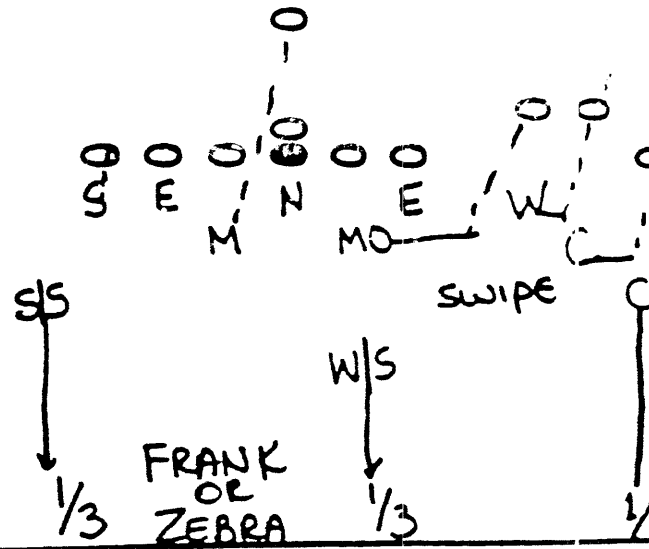
BROWN-UP FLOP OR JAYHAWK FLOP



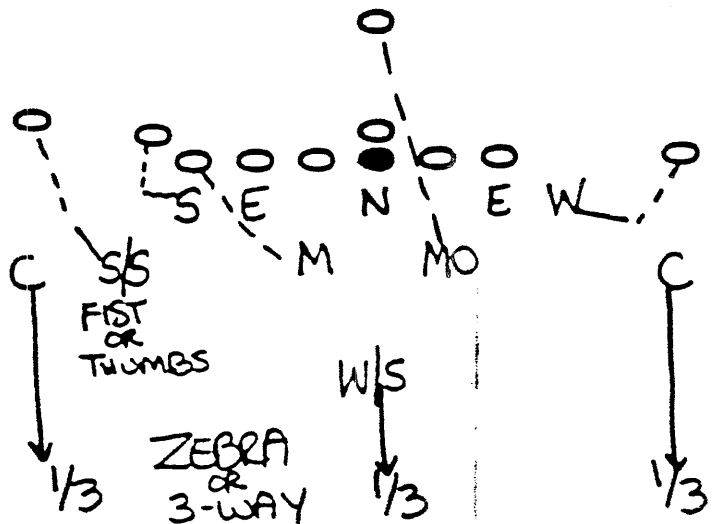
WHITE



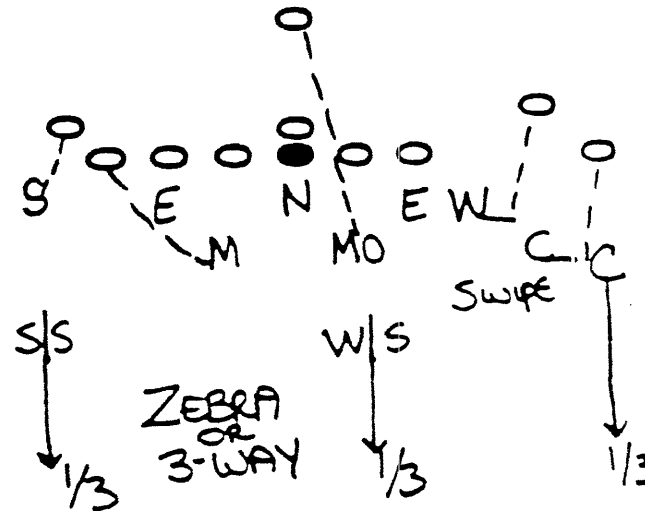
WHITE FLOP



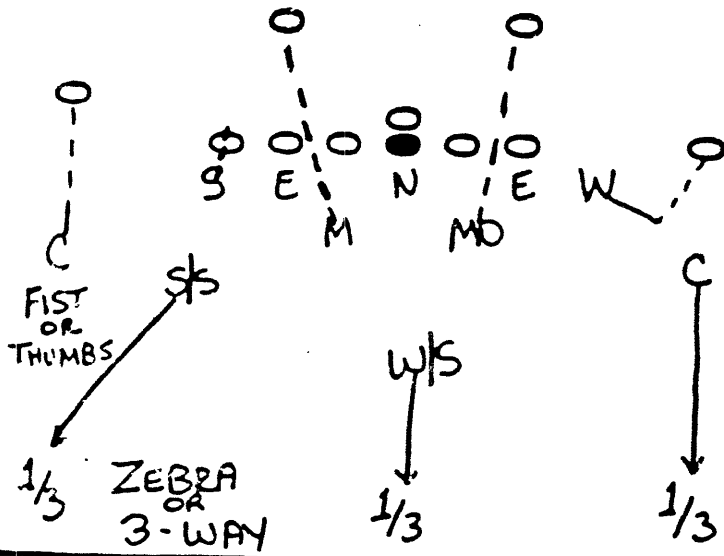
TWIN



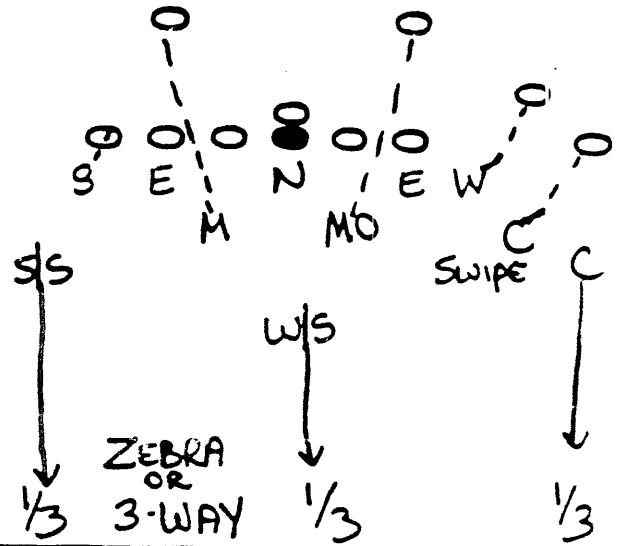
TWIN FLOP



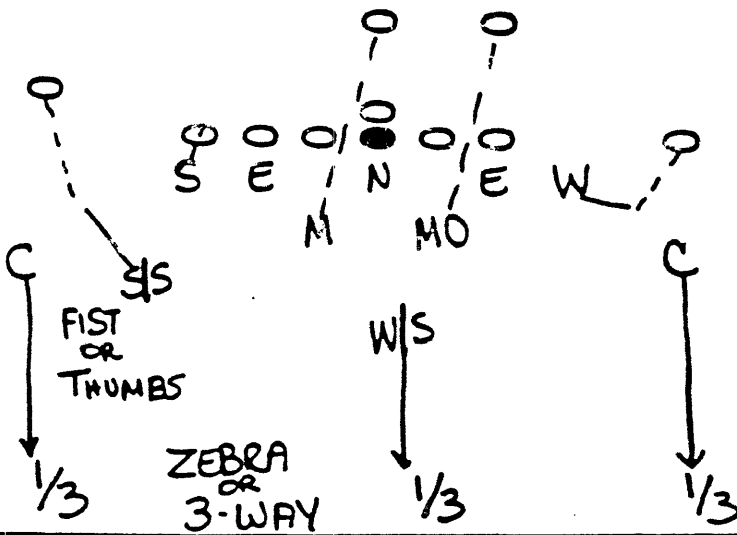
RED



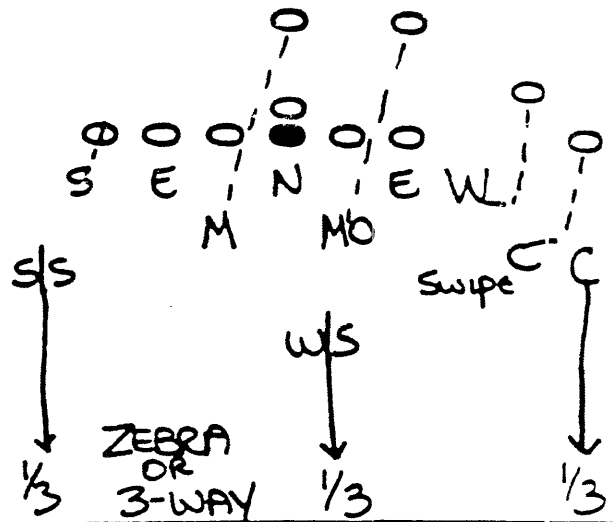
RED FLOP



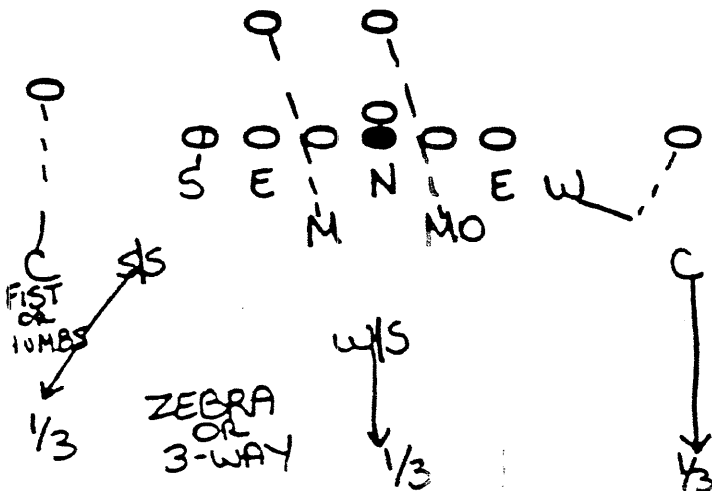
BROWN



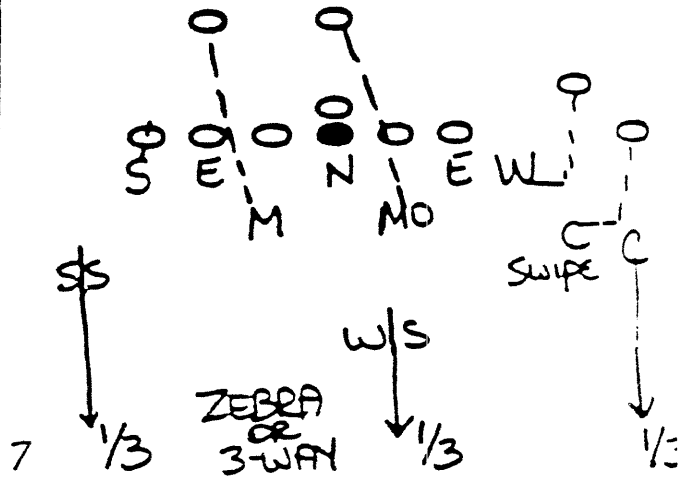
BROWN FLOP



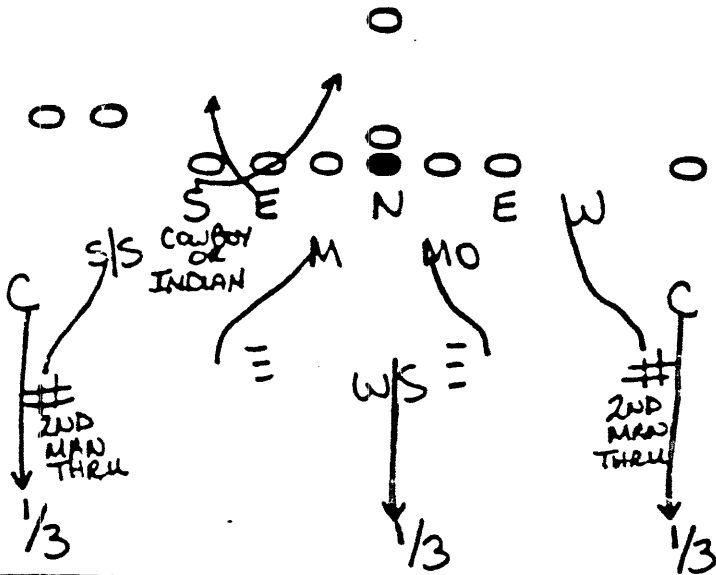
BLUE



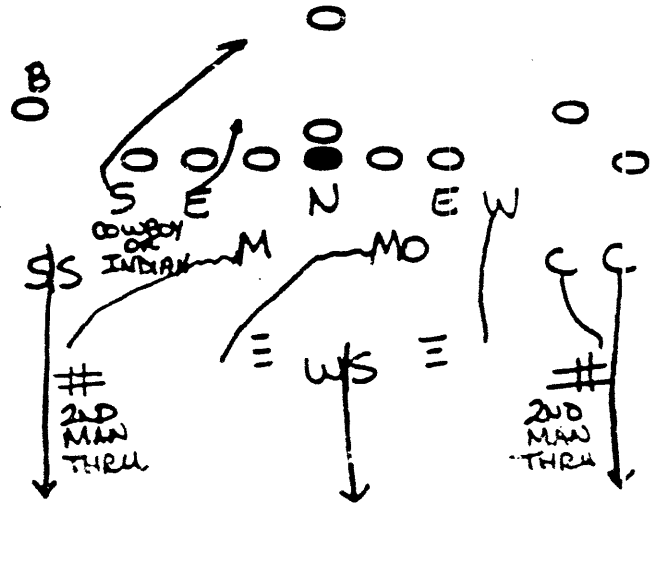
BLUE FLOP



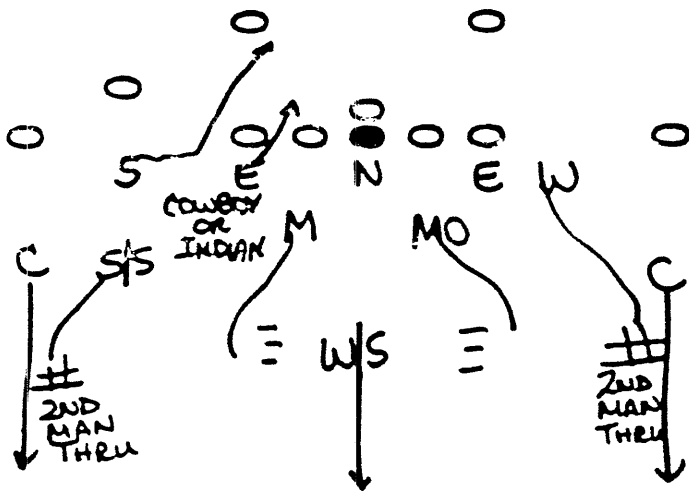
TWIN OPEN



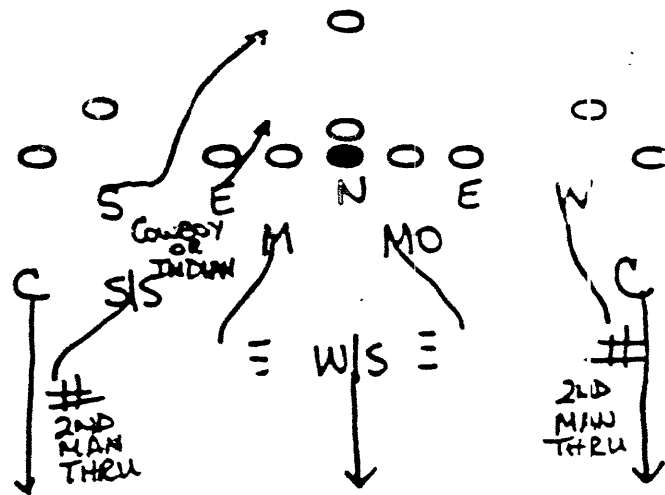
TWIN OPEN FLOP



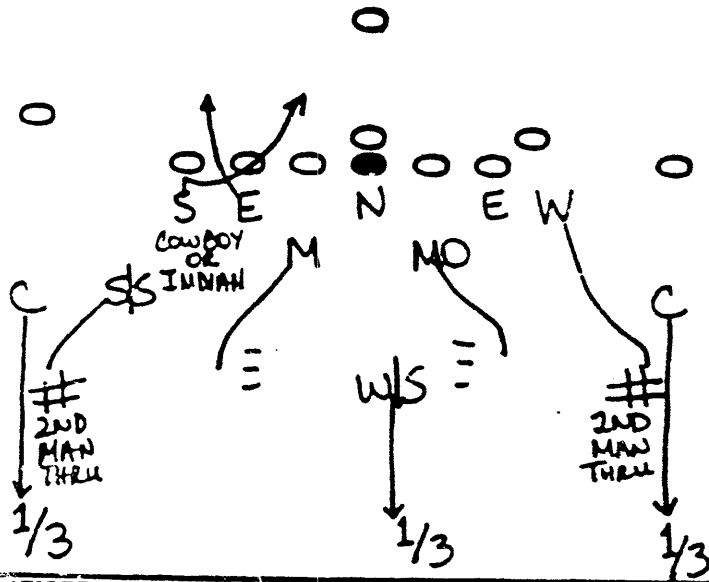
PINK



ORANGE

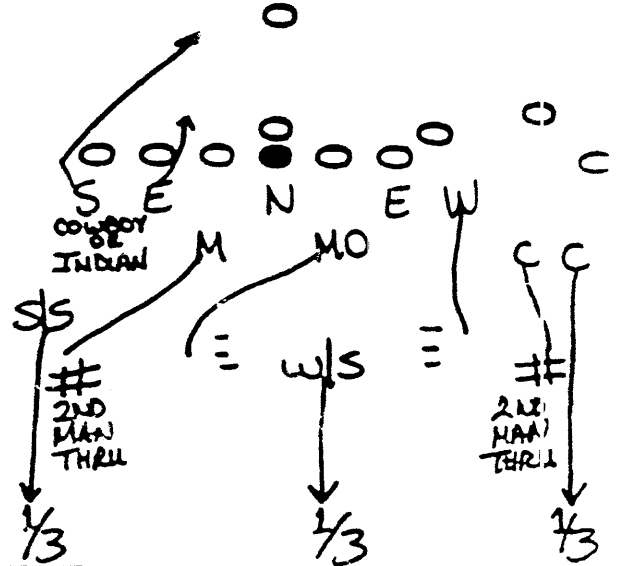


BROWN-UP OR JAYHAWK

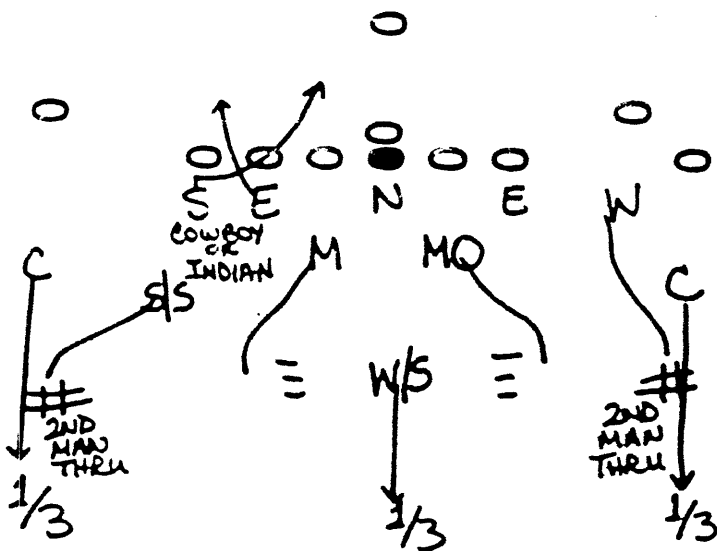


WHITE

BROWN-UP FLOP OR JAYHAWK FLOP

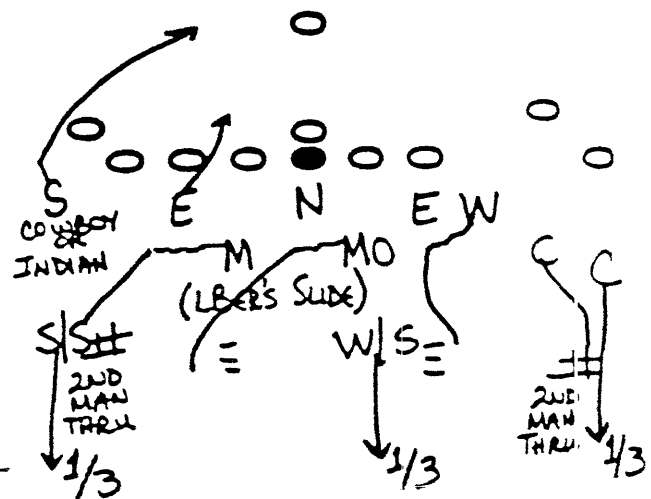


WHITE FLOP

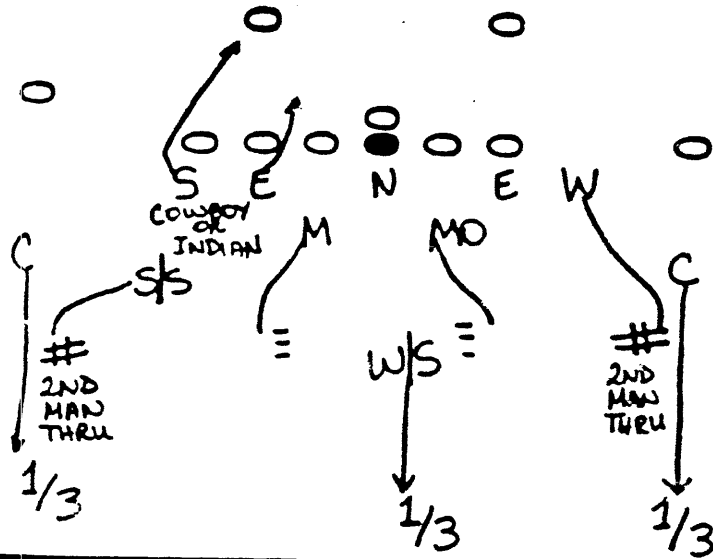


TWIN

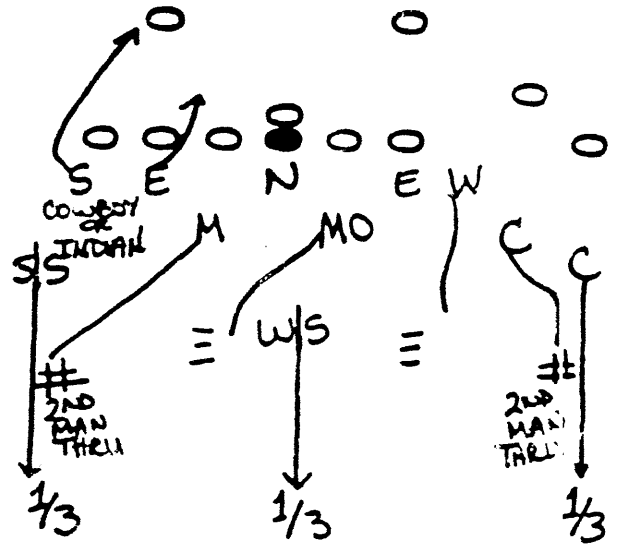
TWIN FLOP



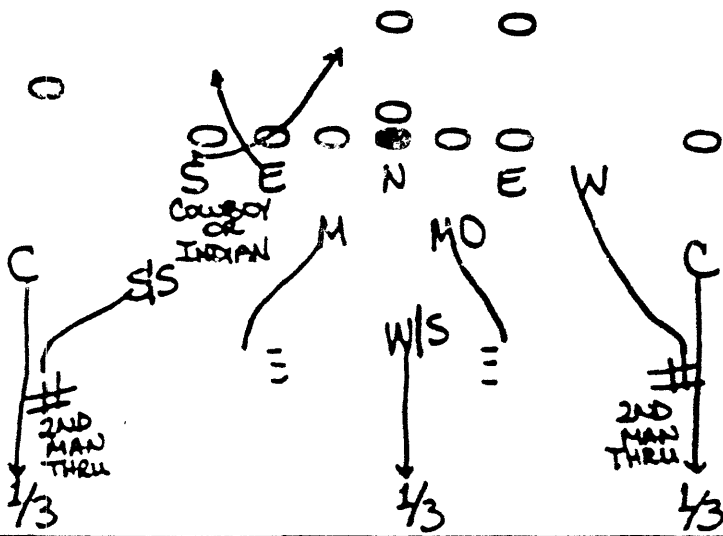
RED



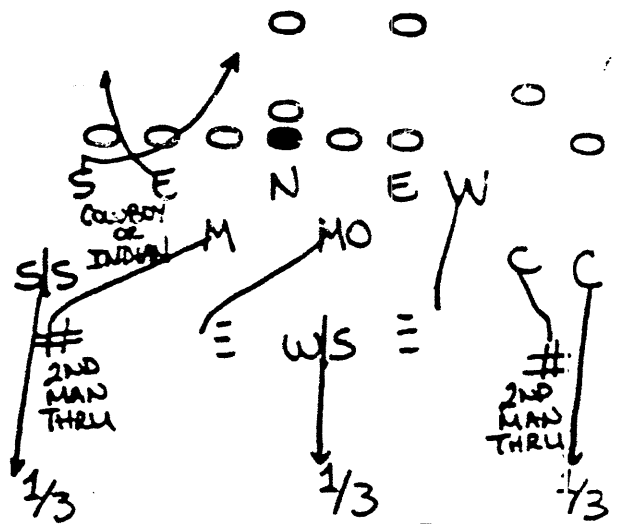
RED FLOP



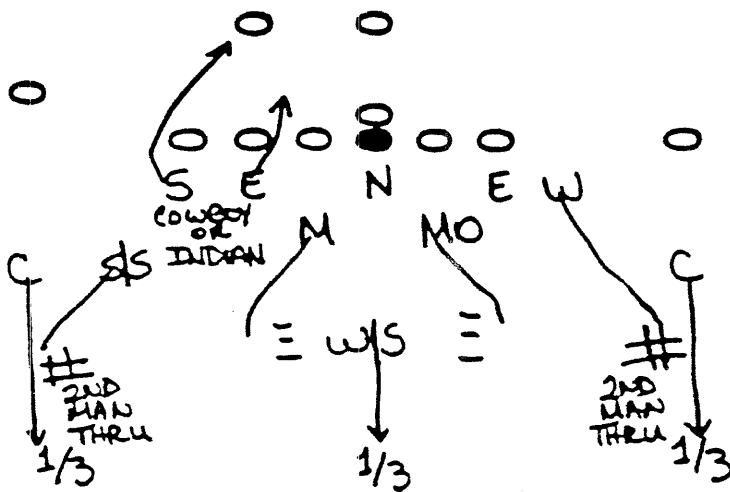
BROWN



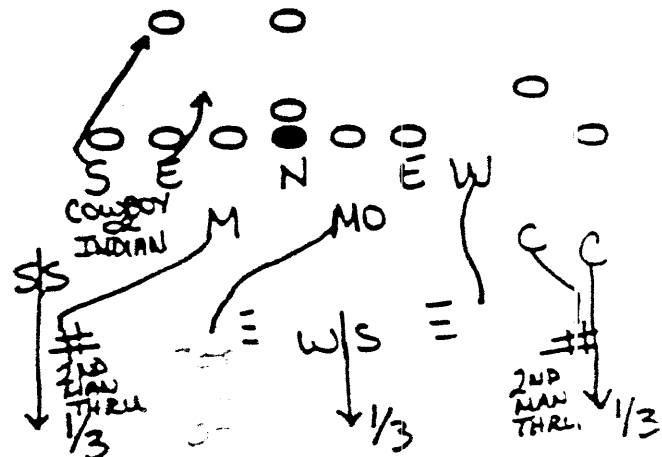
BROWN FLOP



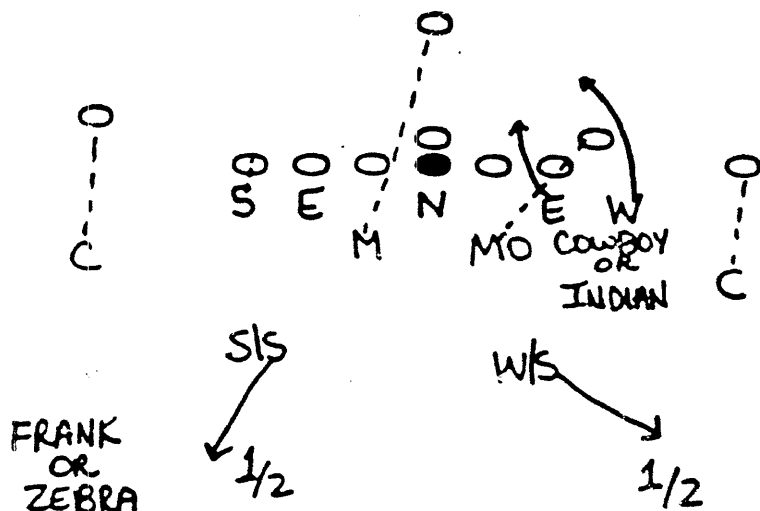
BLUE



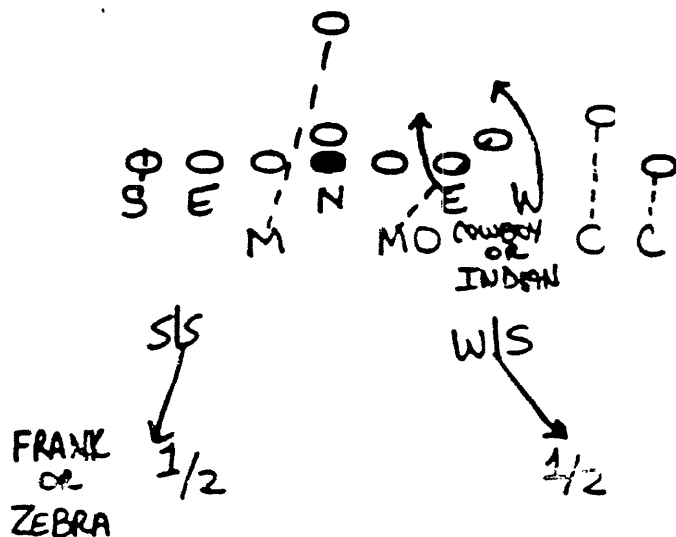
BLUE FLOP



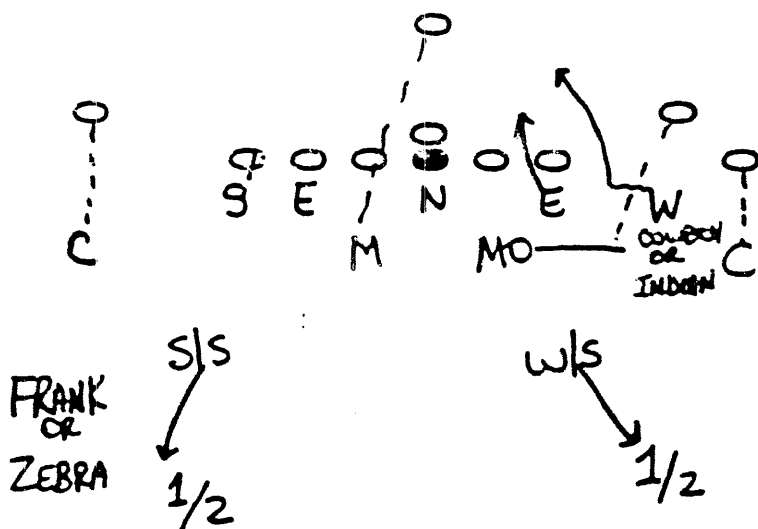
BROWN-UP OR JAYHAWK



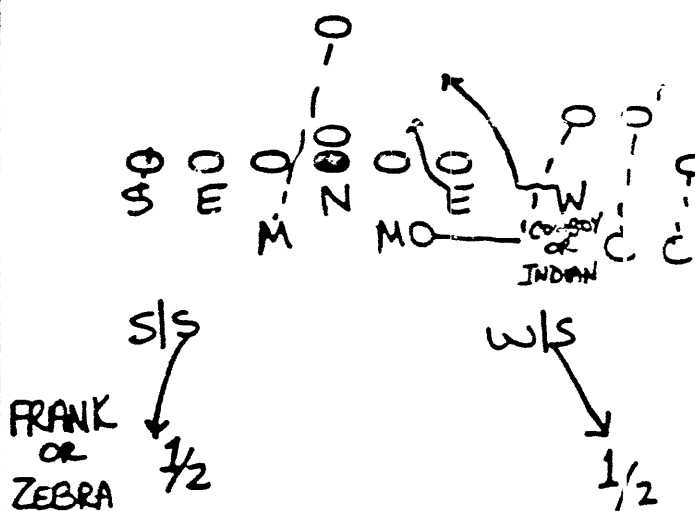
BROWN-UP FLOP OR JAYHAWK FLOP



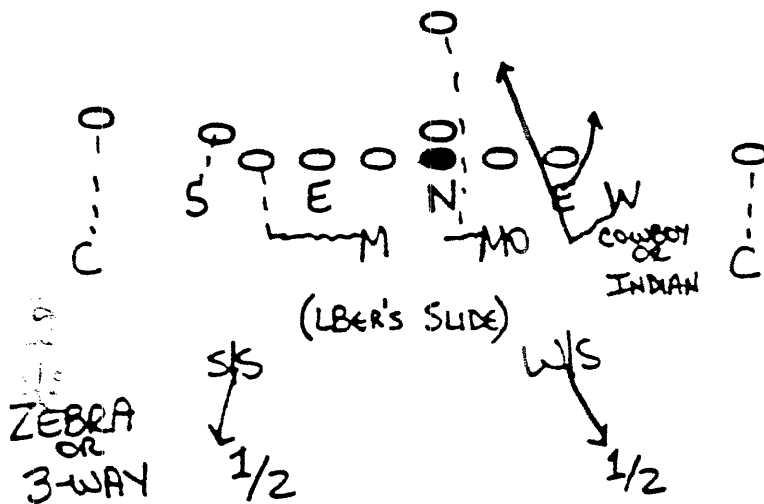
WHITE



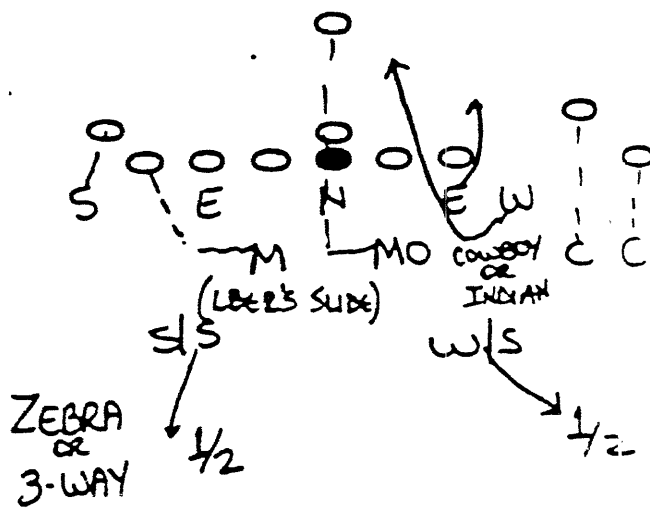
WHITE FLOP



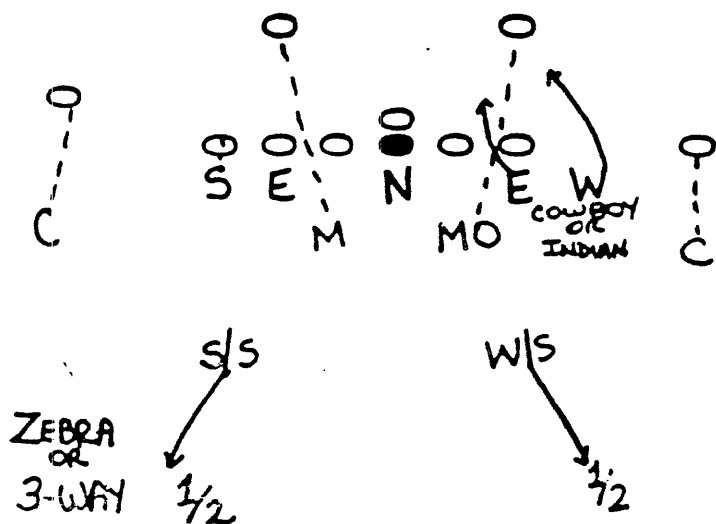
TWIN



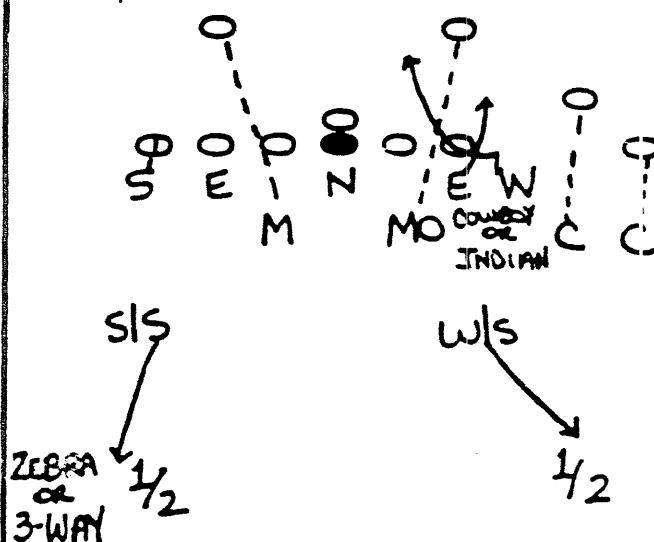
TWIN FLOP



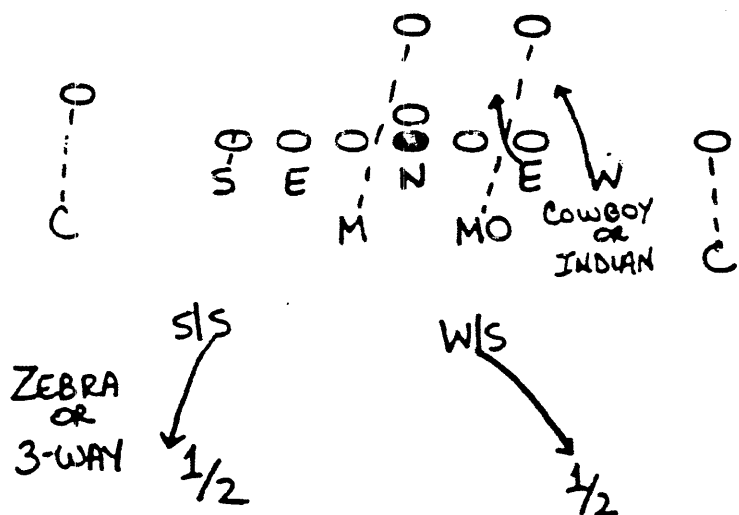
RED



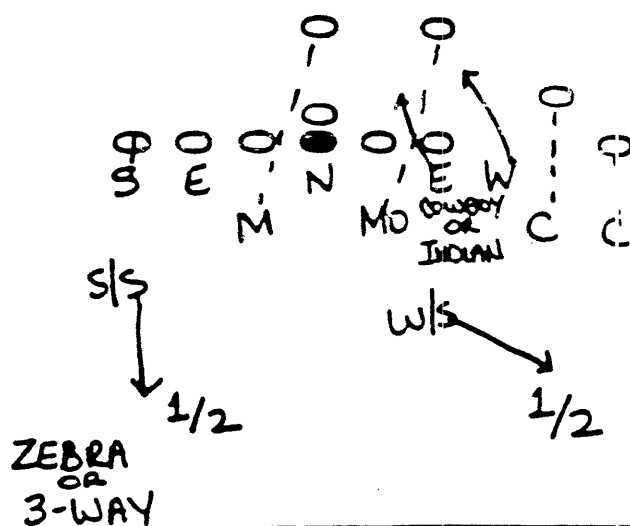
RED FLOP



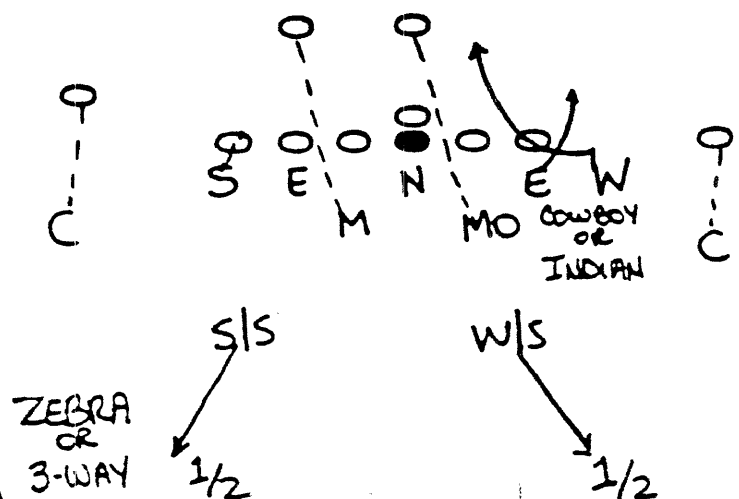
BROWN



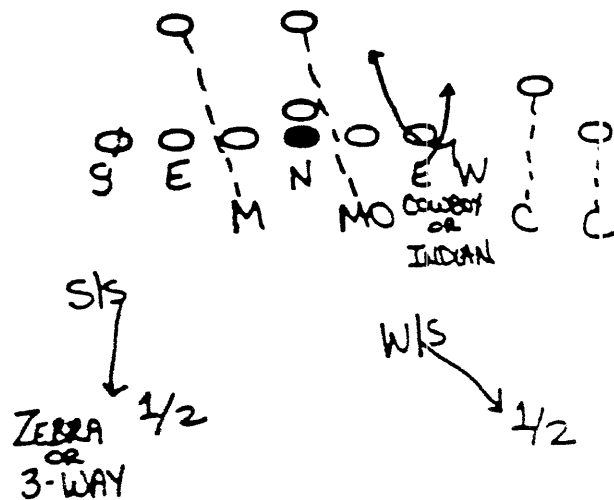
BROWN FLOP



BLUE



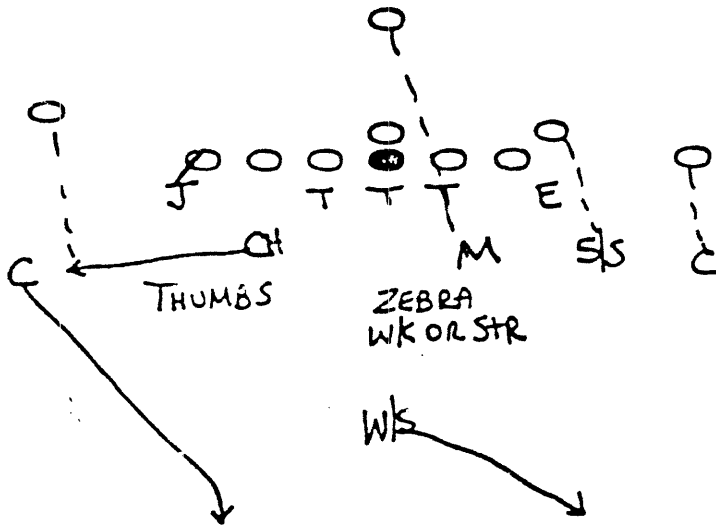
BLUE FLOP



FRONT: 46
 COVERAGE: 6 7

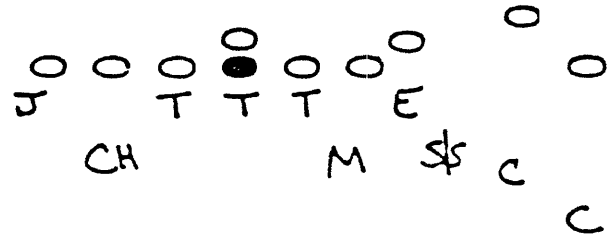
BROWN-UP OR JAYHAWK

PLAY IT



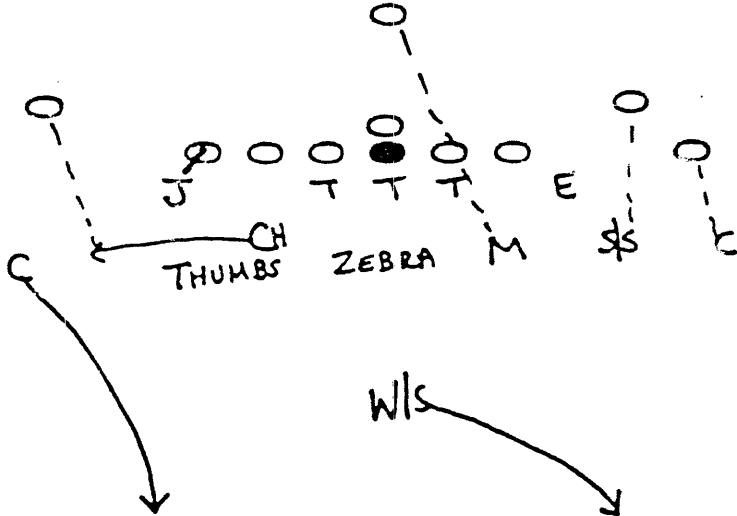
BROWN-UP FLOP OR JAYHAWK FLOP

✓ C/X OR 3 7



WHITE

PLAY IT



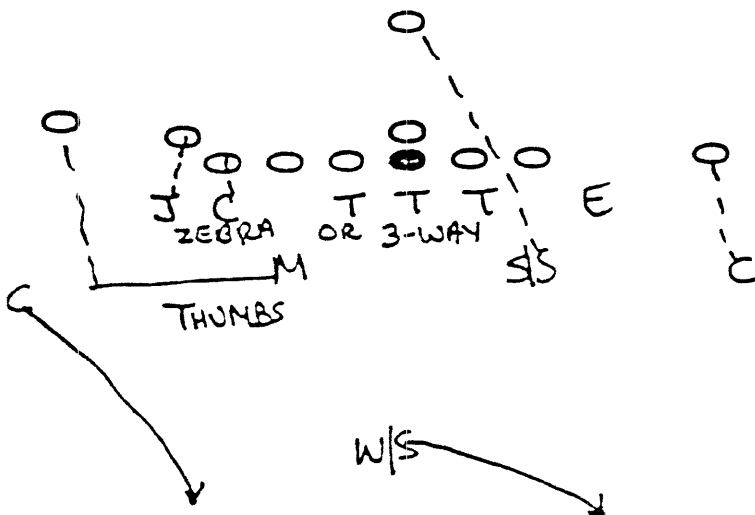
WHITE FLOP

✓ C/X OR 3 7



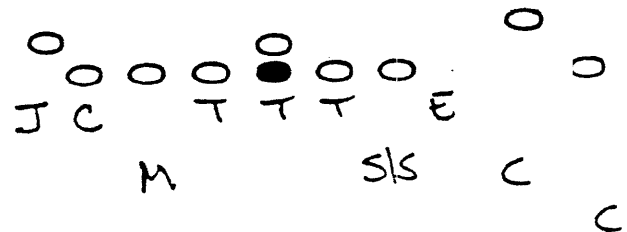
TWIN

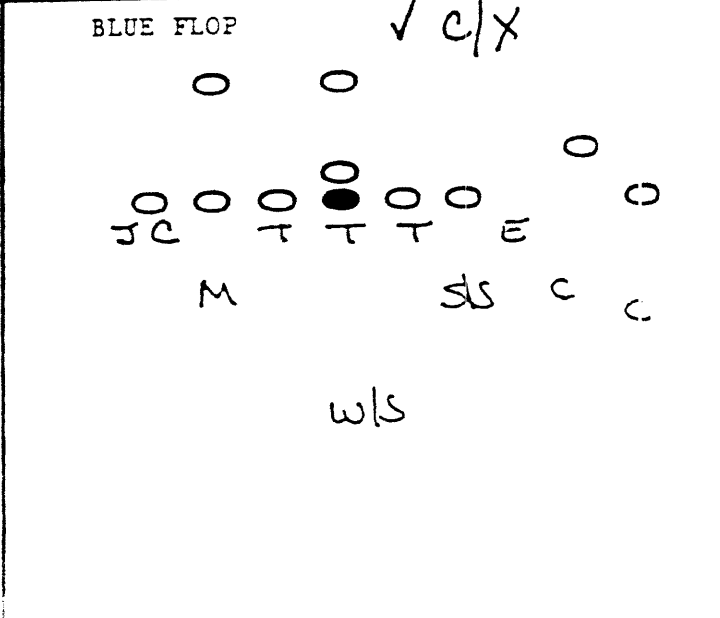
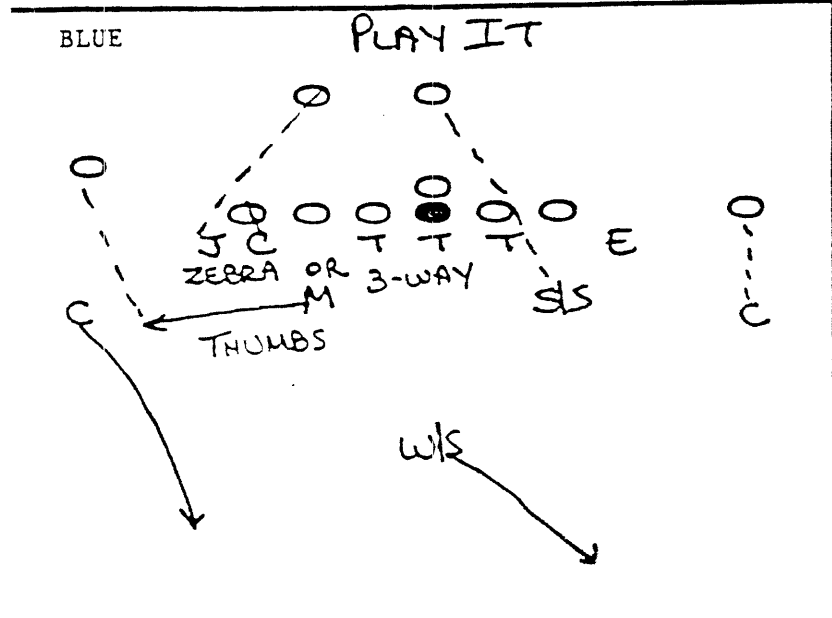
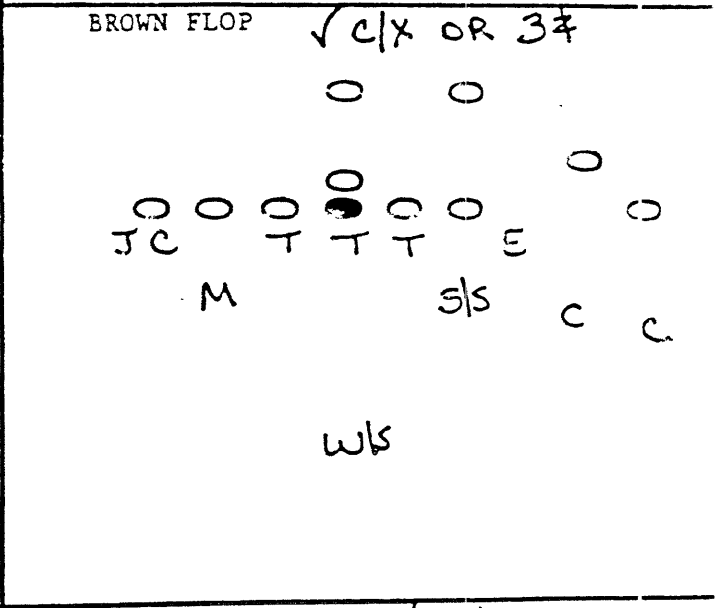
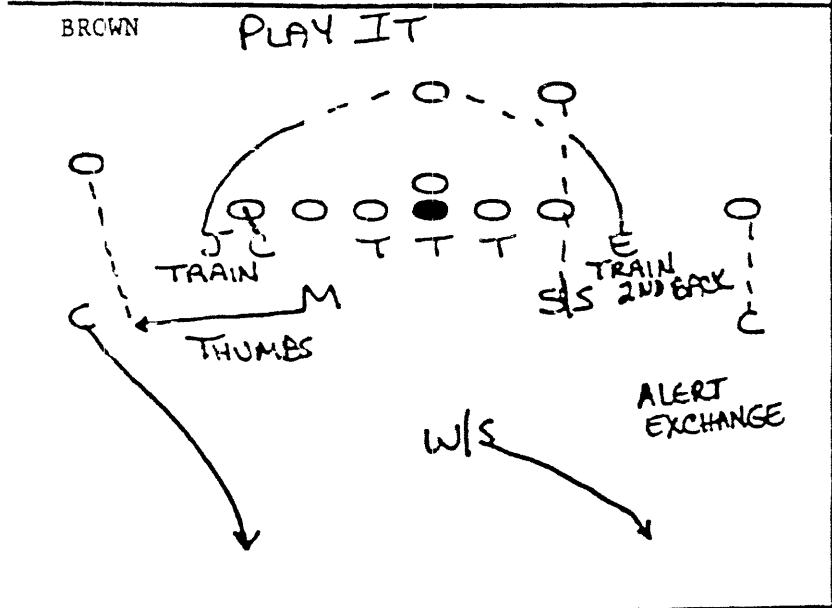
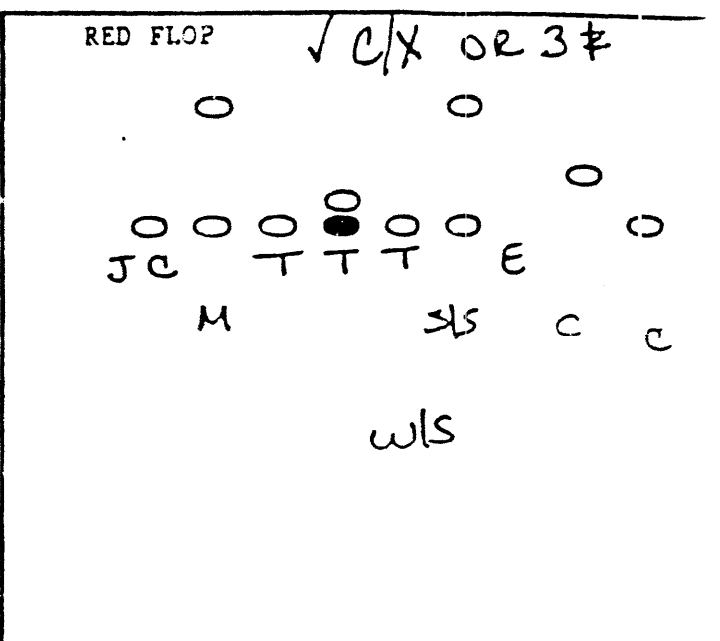
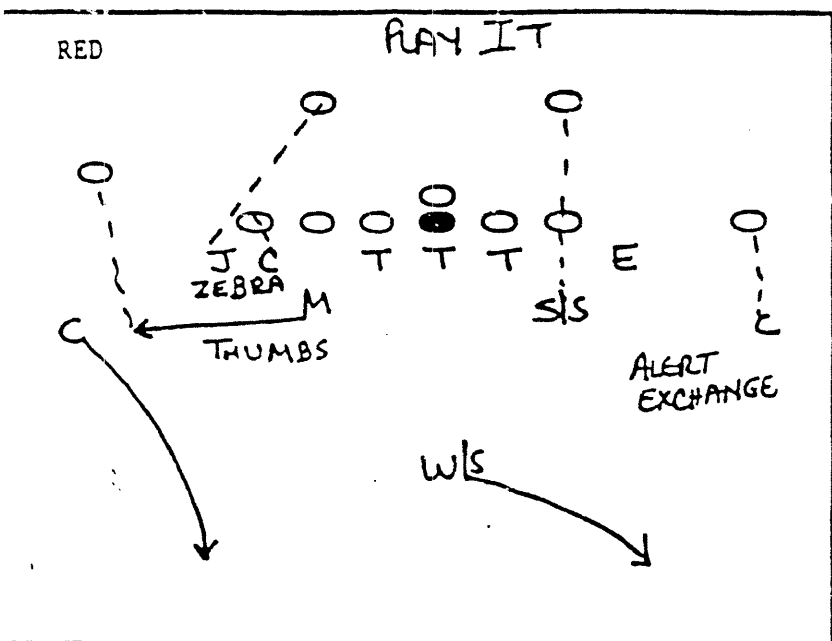
PLAY IT



TWIN FLOP

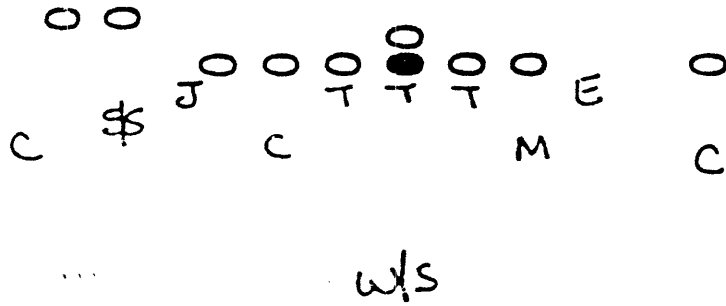
✓ C/X



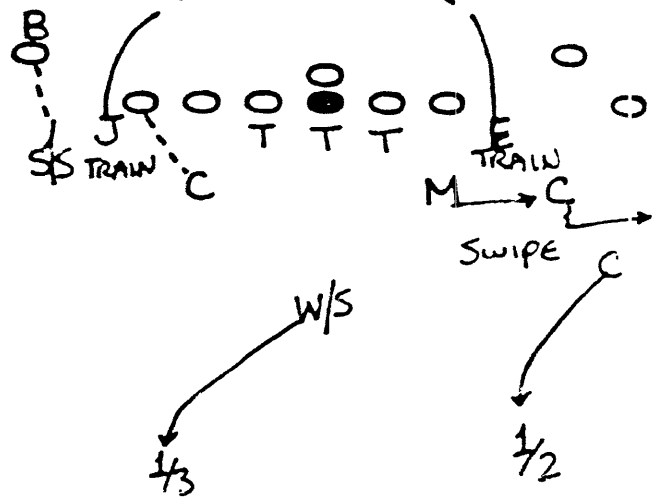


FRONT: 46
 COVERAGE: COMBO X

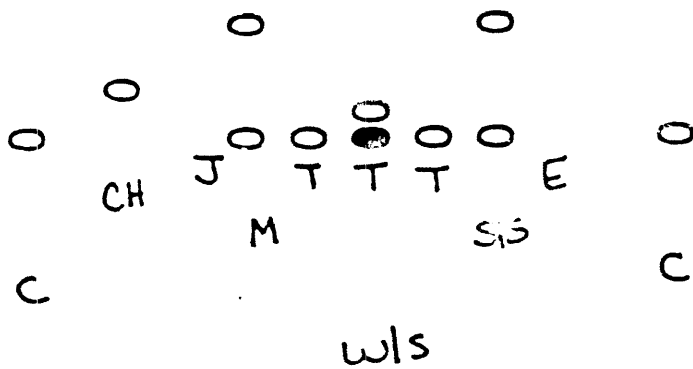
TWIN OPEN PLAY THE COVERAGE CALLED
 ✓ JAYHAWK ○



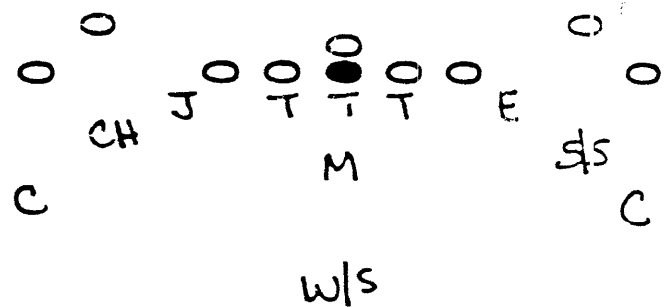
TWIN OPEN FLOP PLAY IT
 ✓ JAYHAWK ○



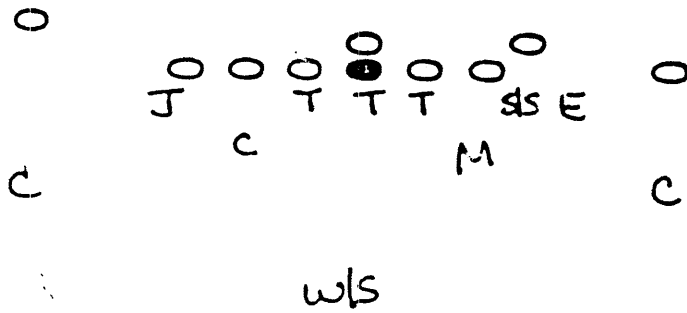
PINK PLAY THE COVERAGE CALLED



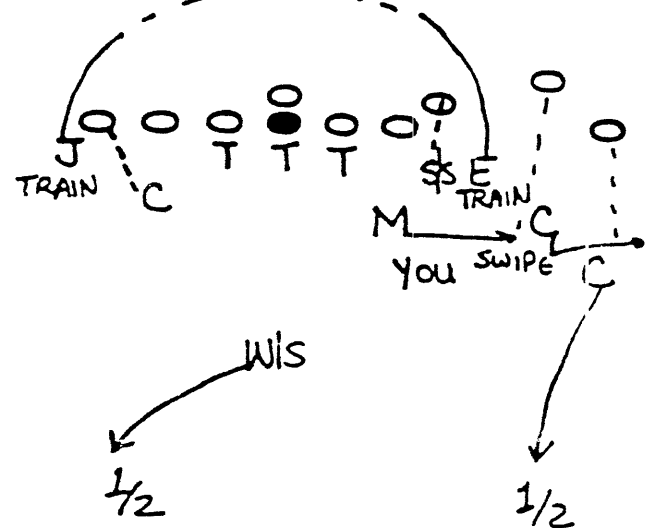
ORANGE PLAY THE COVERAGE CALLED
 ✓ JAYHAWK ○



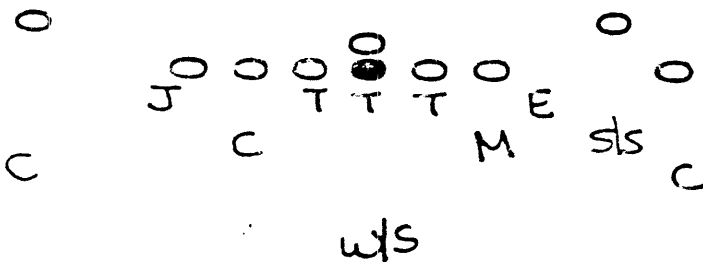
BROWN-UP OR JAYHAWK PLAY THE COVERAGE CALLED
 ✓ JAYHAWK



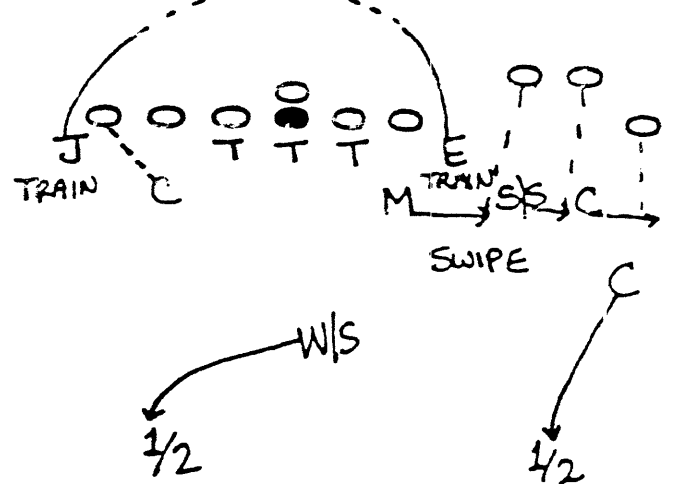
BROWN-UP FLOP OR JAYHAWK FLOP PLAY IT
 ✓ JAYHAWK



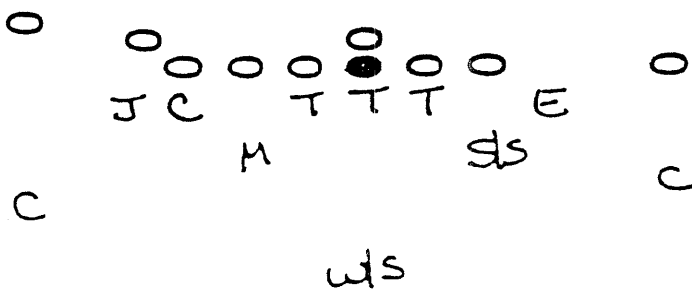
WHITE PLAY THE COVERAGE CALLED
 ✓ JAYHAWK



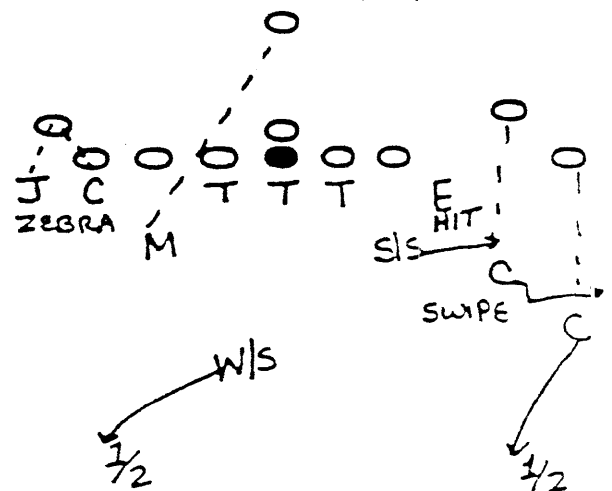
WHITE FLOP PLAY IT
 ✓ JAYHAWK



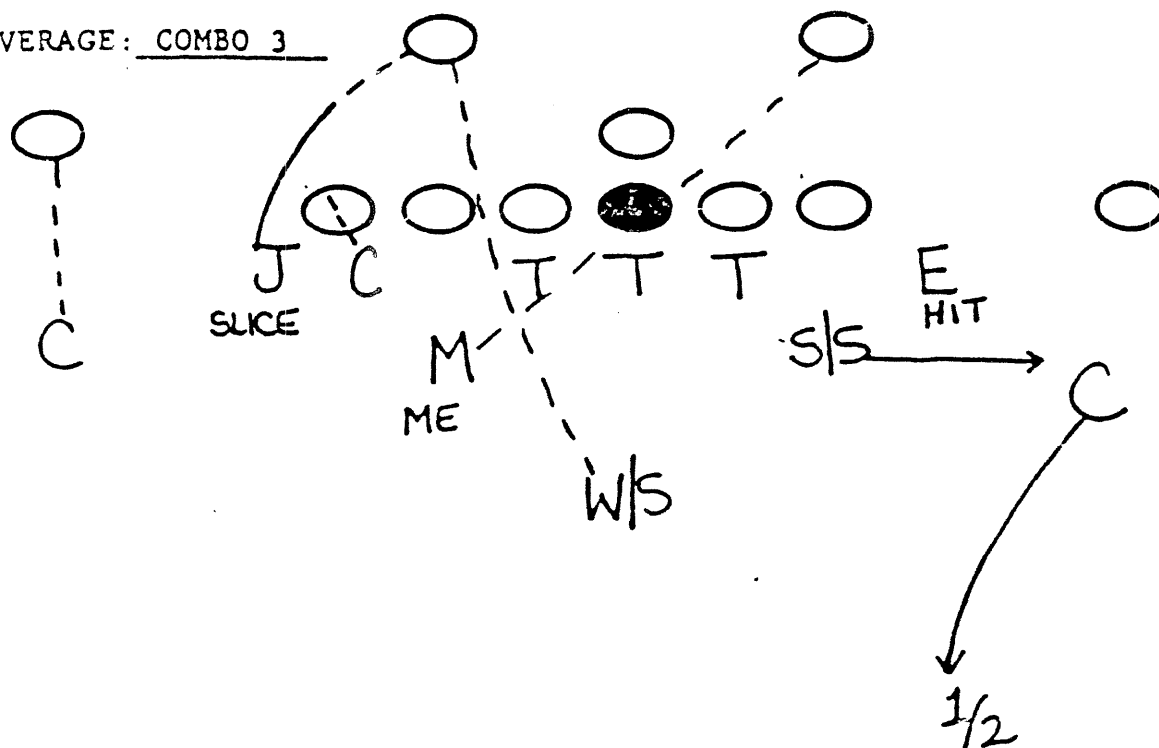
TWIN PLAY THE COVERAGE CALLED



TWIN FLOP PLAY IT

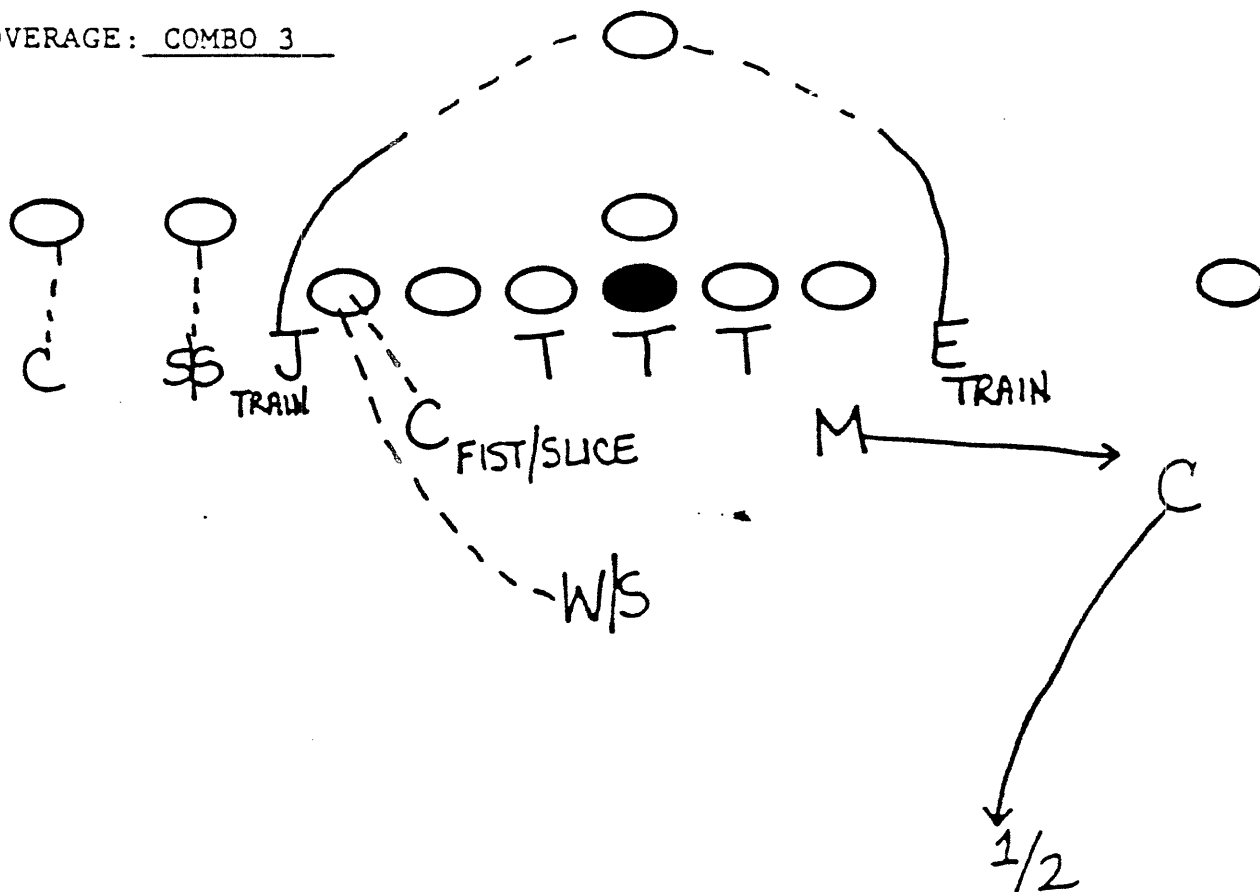


COVERAGE: COMBO 3



FRONT: 46

COVERAGE: COMBO 3



TRAIN - A CALL FROM JACK TO THE WEAK END TO HAVE HIM TAKE THE 2ND BACK (OR REMAINING BACK) IN COVERAGE IF HE COMES OUT ON HIS SIDE. ***THE WEAK END COULD HAVE A HIT AND A TRAIN CALL AT THE SAME TIME.

FIST, SLICE, FIST/SLICE, OR THUMBS - COVERAGE TECHNIQUES USED BY THE LINEBACKERS AND SECONDARY TO EXECUTE COVERAGE.

JAYHAWK ADJUSTMENT - AN ADJUSTMENT IN THE 46 FRONT TO ALL ONE-BACK FORMATIONS EXCEPT TWIN AND TWIN FLOP.

FRONT: 46

COVERAGE: COMBO 3

COVERAGE DESCRIPTION: COMBO 3 IS A 5 UNDER MAN-TO-MAN, 2 DEEP ZONE WITH THE WEAK SAFETY WORKING STRONG. IN DOUBLE COVERAGE ON THE #3 RECEIVER.

WHEN COVERAGE IS USED: COMBO 3 IS USED WHEN WE WANT TO TAKE AWAY THE STRONG SIDE #3 RECEIVER WITH AGGRESSIVE MAN-TO-MAN UNDERNEATH COVERAGE WITH 1/2'S COVERAGE ON TOP.

- KEY COACHING POINTS:
1. UNDERNEATH COVERAGE MUST GET HANDS ON THE RECEIVERS AND MAINTAIN AN INSIDE TRAIL TECHNIQUE.
 2. PLAY THE MAN. DO NOT LOOK BACK IN COVERAGE UNTIL YOU HEAR A "BALL" CALL FROM THE 1/2'S PLAYER INDICATING THAT THE BALL IS IN FLIGHT.
 3. IF THE PLAYER BREAKS AWAY FROM YOU AND GETS SEPARATION, TAKE AN ANGLE TO HIS UPFIELD SHOULDER TO SECURE THE TACKLE.
 4. COMMUNICATE AND ALERT ZEBRA'S ANYTIME THERE IS THE POSSIBILITY OF AN EXCHANGE.
 5. THE WEAK SIDE UNDERNEATH COVER GUYS MUST COMMUNICATE THEIR CALLS (ME, YOU, US, OR SWIPE).
 6. 1/2'S DROPPERS GET A 2 TO 1 READ. IF #2 CAN BE ERASED, YOU CAN SQUEEZE #1.
 7. UNDERNEATH COVERAGE MUST BE PREPARED TO CARRY ALL VERTICAL RELEASES, MAINTAINING AN INSIDE TRAIL TECHNIQUE.
 8. CHARLEY HAS THE TE AND JACK HAS THE STRONG BACK. IF THE STRONG BACK IS IN THE FULLBACK POSITION OR IN THE UNDER POSITION, JACK MAKES A TRAIN CALL TO THE WEAK END. WITH A TRAIN CALL, THE WEAK END WILL TAKE THE BACK IN COVERAGE IF HE COMES OUT TO HIS SIDE.

CALLS THAT MUST BE VERBALLY COMMUNICATED WITHIN THE FRONT AND COVERAGE:

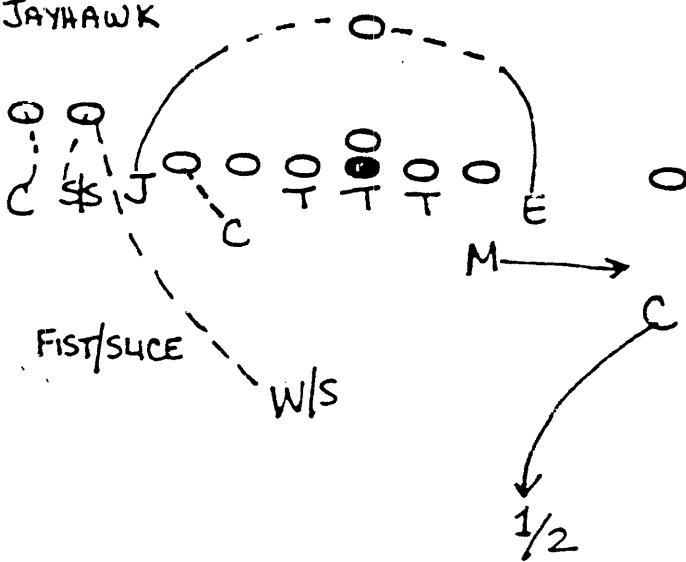
FRANK OR ZEBRA - MAN-TO-MAN COVERAGE CALLS USED TO ENABLE US TO EXECUTE THE COVERAGE ON THE STRONG SIDE.

ME, YOU, US, OR SWIPE - MAN-TO-MAN COVERAGE CALLS USED TO ENABLE US TO EXECUTE THE COVERAGE ON THE WEAK SIDE.

HIT - A CALL MADE BY MIKE TO THE WEAK END TO HAVE HIM "HIT" THE NEAR BACK AND TRY TO FORCE HIM INSIDE TO ALLOW MIKE TO GET TO HIM IN COVERAGE.

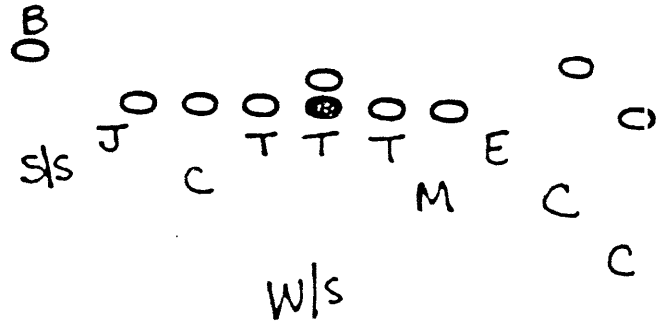
TWIN OPEN
✓ JAYHAWK

PLAY IT

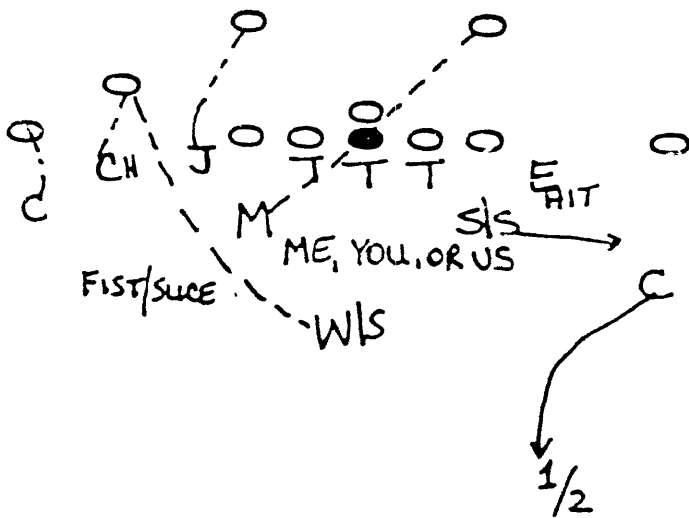


TWIN OPEN FLOP
✓ JAYHAWK

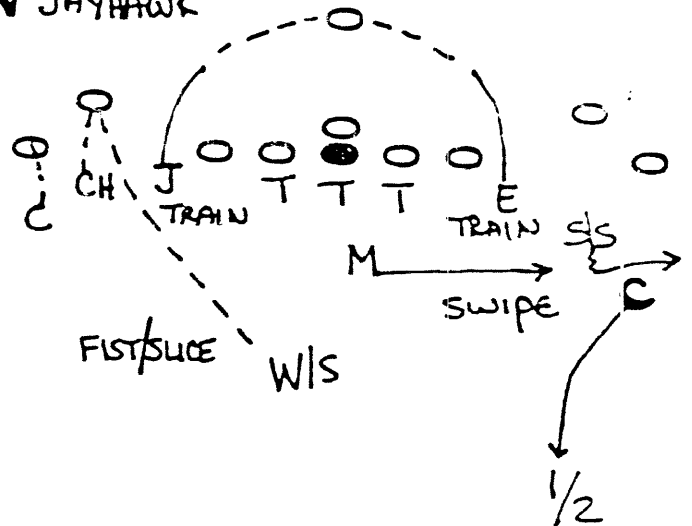
✓ C/X

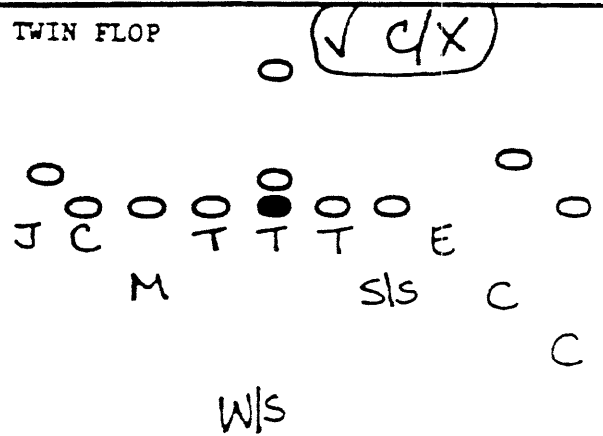
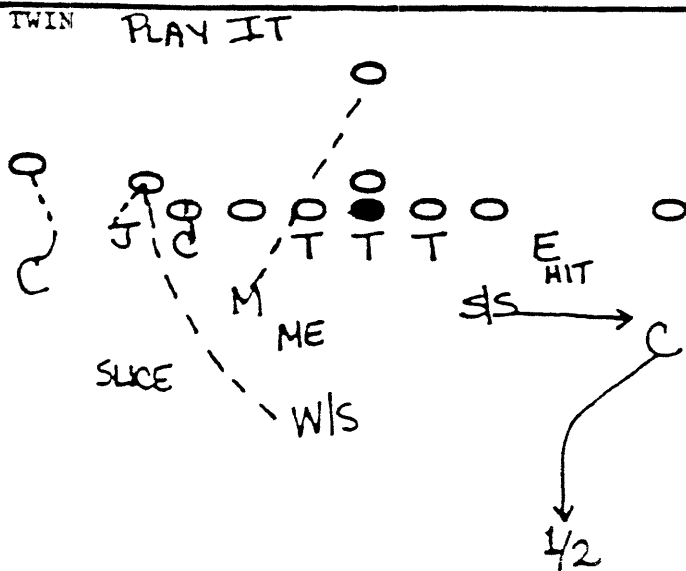
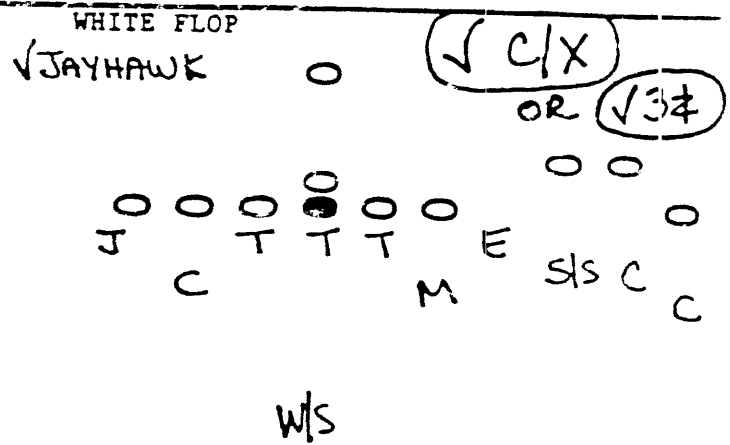
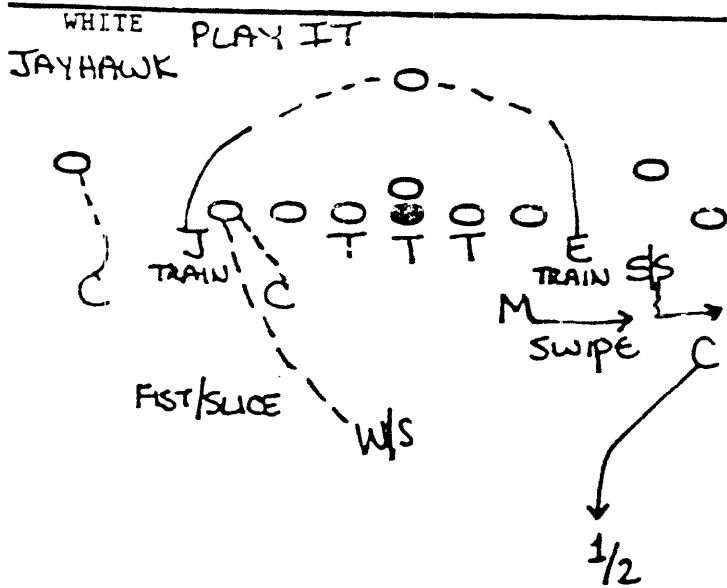
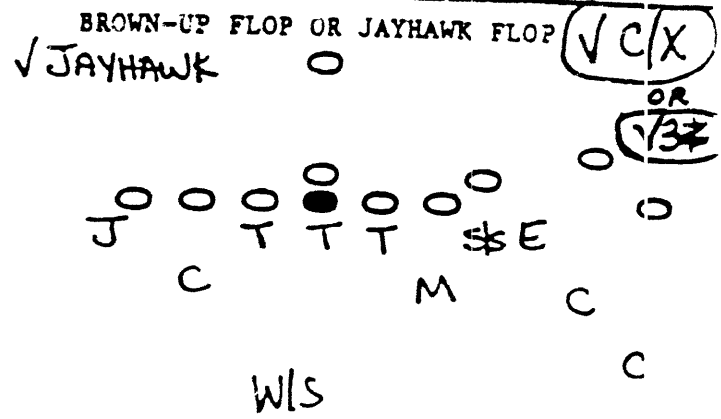
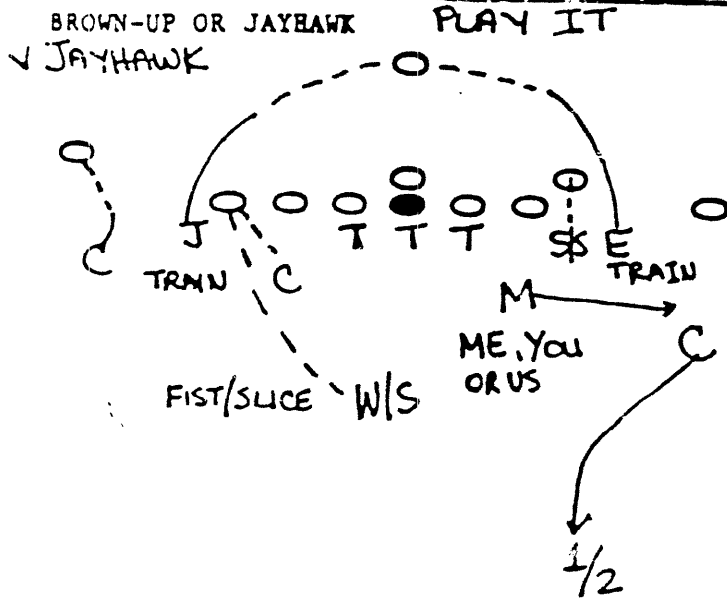


PINK PLAY IT



ORANGE PLAY IT
✓ JAYHAWK



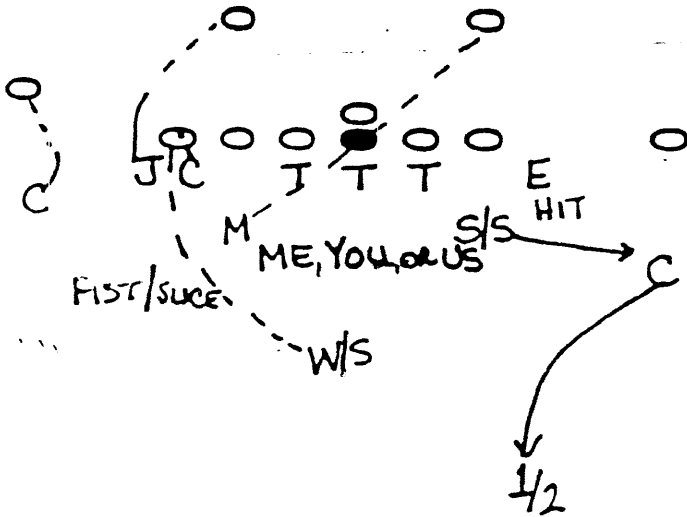


FRONT: 46

COVERAGE: COMBO 2

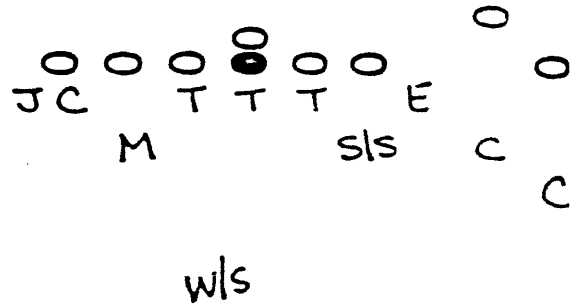
RED

PLAY IT



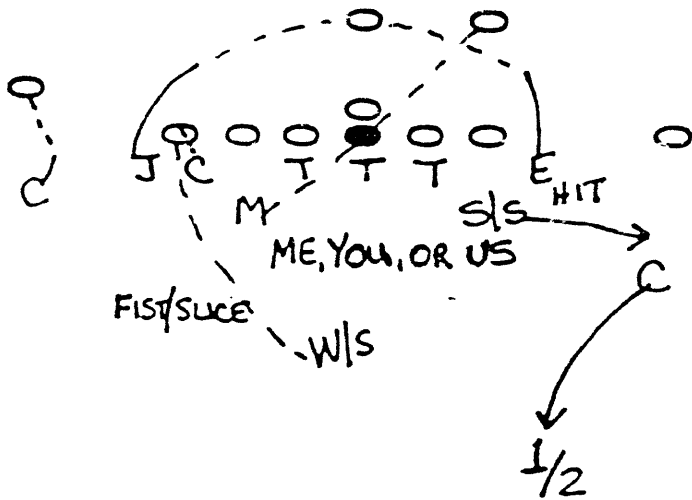
RED FLOP

($\sqrt{C/X}$) OR ($\sqrt{3\frac{1}{2}}$)



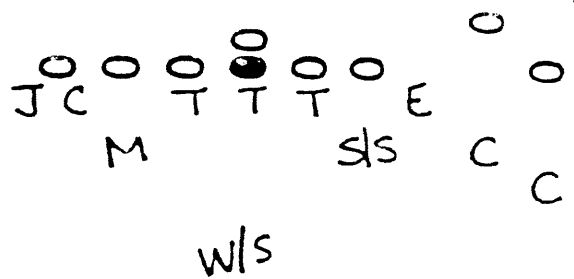
BROWN

PLAY IT



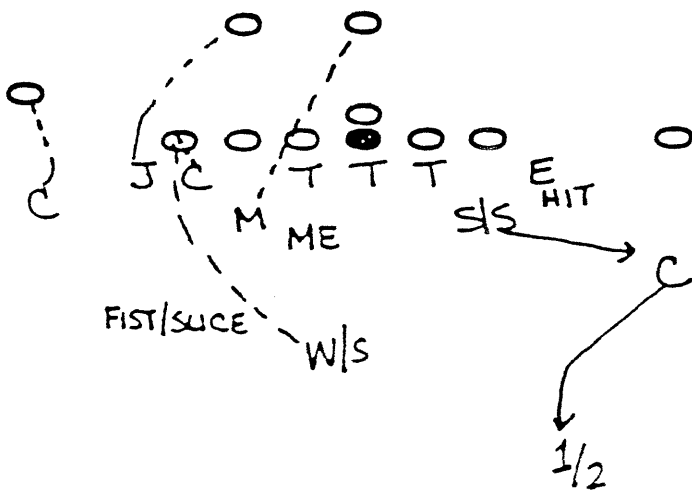
BROWN FLOP

($\sqrt{C/X}$) OR ($\sqrt{3\frac{1}{2}}$)



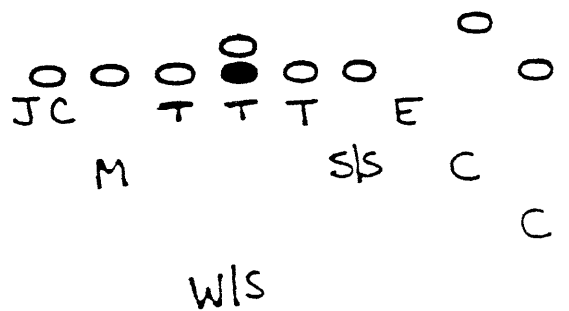
BLUE

PLAY IT



BLUE FLOP

($\sqrt{C/X}$)



TRAIN - A CALL FROM JACK TO THE WEAK END TO HAVE HIM TAKE THE 2ND BACK (OR REMAINING BACK) IN COVERAGE IF HE COMES OUT ON HIS SIDE. ***THE WEAK END COULD HAVE A HIT AND A TRAIN CALL AT THE SAME TIME.

FIST, SLICE, FIST/SLICE, OR THUMBS - COVERAGE TECHNIQUES USED BY THE LINEBACKERS AND SECONDARY TO EXECUTE COVERAGE.

JAYHAWK ADJUSTMENT - AN ADJUSTMENT IN THE 46 FRONT TO ALL ONE-BACK FORMATIONS EXCEPT TWIN AND TWIN FLOP.

FRONT: 46

COVERAGE: COMBO 2

COVERAGE DESCRIPTION: COMBO 2 IS A 5 UNDER MAN-TO-MAN, 2 DEEP ZONE WITH THE WEAK SAFETY WORKING STRONG. IN DOUBLE COVERAGE ON THE #2 RECEIVER.

WHEN COVERAGE IS USED: COMBO 2 IS USED WHEN WE WANT TO TAKE AWAY THE STRONG SIDE #2 RECEIVER WITH AGGRESSIVE MAN-TO-MAN UNDERNEATH COVERAGE WITH 1/2'S COVERAGE ON TOP.

- KEY COACHING POINTS:
1. UNDERNEATH COVERAGE MUST GET HANDS ON THE RECEIVERS AND MAINTAIN AN INSIDE TRAIL TECHNIQUE.
 2. PLAY THE MAN. DO NOT LOOK BACK IN COVERAGE UNTIL YOU HEAR A "BALL" CALL FROM THE 1/2'S PLAYER INDICATING THAT THE BALL IS IN FLIGHT.
 3. IF THE PLAYER BREAKS AWAY FROM YOU AND GETS SEPARATION, TAKE AN ANGLE TO HIS UPFIELD SHOULDER TO SECURE THE TACKLE.
 4. COMMUNICATE AND ALERT ZEBRA'S ANYTIME THERE IS THE POSSIBILITY OF AN EXCHANGE.
 5. THE WEAK SIDE UNDERNEATH COVER GUYS MUST COMMUNICATE THEIR CALLS (ME, YOU, US, OR SWIPE).
 6. 1/2'S DROPPERS GET A 2 TO 1 READ. IF #2 CAN BE ERASED, YOU CAN SQUEEZE #1.
 7. UNDERNEATH COVERAGE MUST BE PREPARED TO CARRY ALL VERTICAL RELEASES, MAINTAINING AN INSIDE TRAIL TECHNIQUE.
 8. CHARLEY HAS THE TE AND JACK HAS THE STRONG BACK. IF THE STRONG BACK IS IN THE FULLBACK POSITION OR IN THE UNDER POSITION, JACK MAKES A TRAIN CALL TO THE WEAK END. WITH A TRAIN CALL, THE WEAK END WILL TAKE THE BACK IN COVERAGE IF HE COMES OUT TO HIS SIDE.

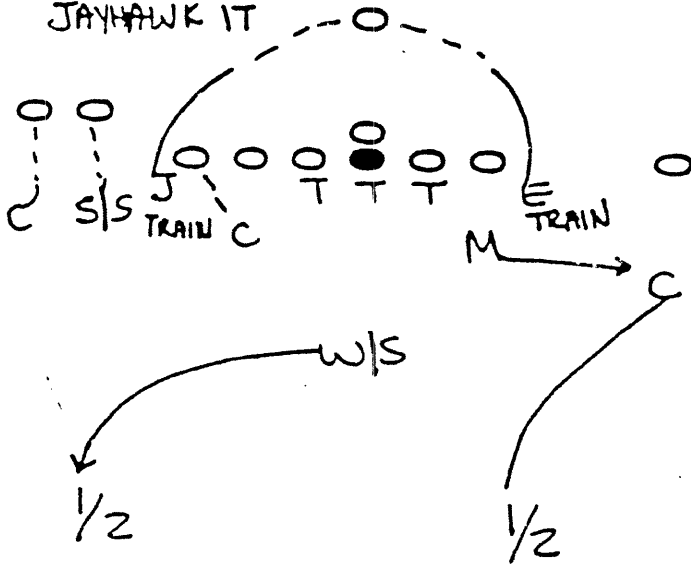
CALLS THAT MUST BE VERBALLY COMMUNICATED WITHIN THE FRONT AND COVERAGE:

FRANK OR ZEBRA - MAN-TO-MAN COVERAGE CALLS USED TO ENABLE US TO EXECUTE THE COVERAGE ON THE STRONG SIDE.

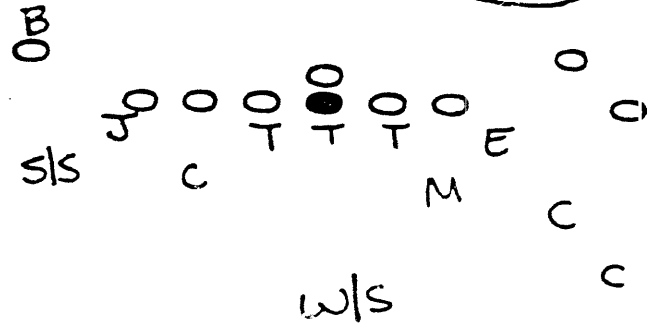
ME, YOU, US, OR SWIPE - MAN-TO-MAN COVERAGE CALLS USED TO ENABLE US TO EXECUTE THE COVERAGE ON THE WEAK SIDE.

HIT - A CALL MADE BY MIKE TO THE WEAK END TO HAVE HIM "HIT" THE NEAR BACK AND TRY TO FORCE HIM INSIDE TO ALLOW MIKE TO GET TO HIM IN COVERAGE.

TWIN OPEN PLAY IT
 JAYHAWK IT

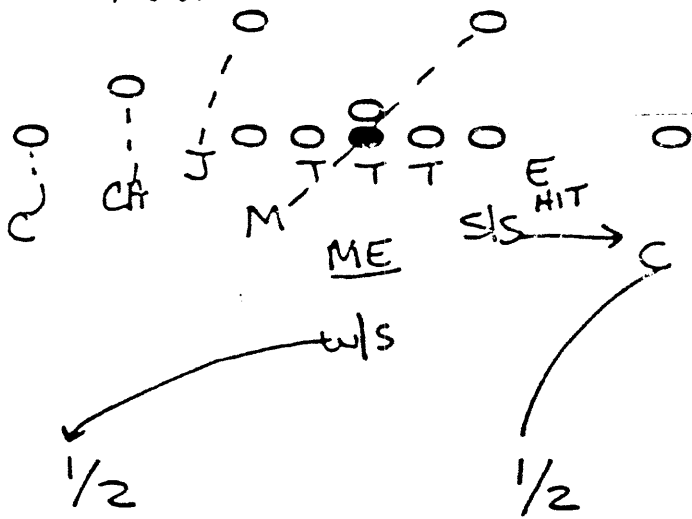


TWIN OPEN FLOP
 JAYHAWK IT

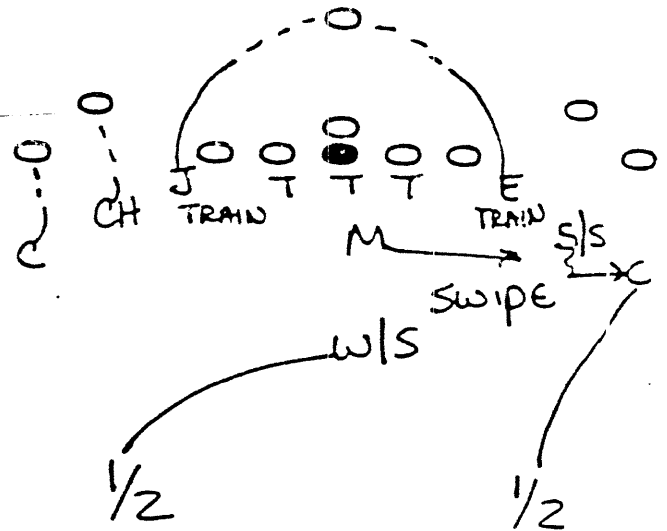


✓ C/X

PINK PLAY IT
 *CHARLEY ADJUSTS

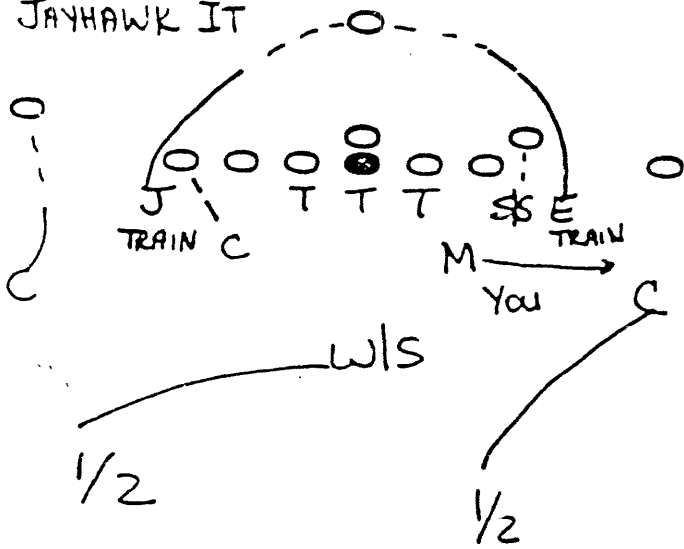


ORANGE PLAY IT OR V 27



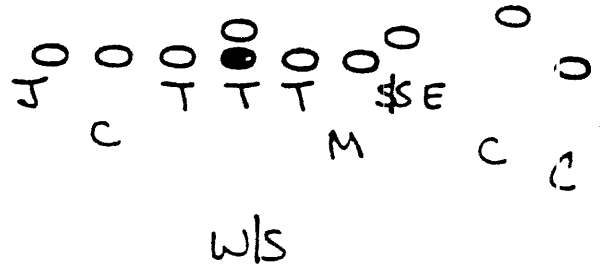
BROWN-UP OR JAYHAWK
 JAYHAWK IT

PLAY IT



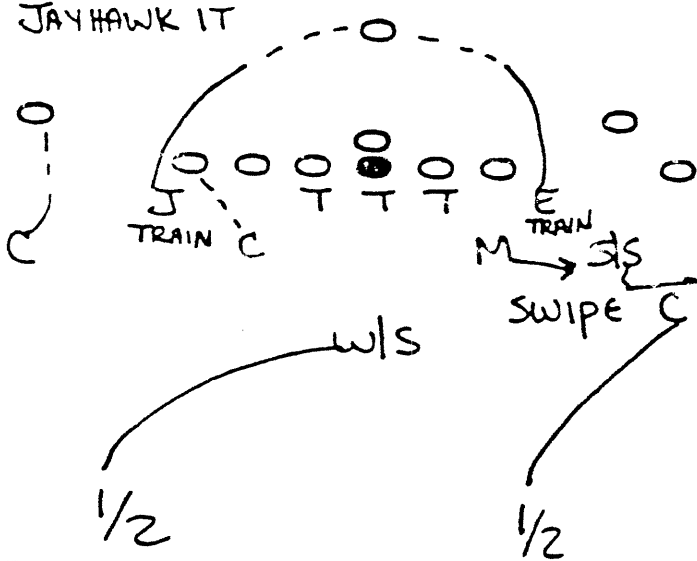
BROWN-UP FLOP OR JAYHAWK FLOP
 JAYHAWK IT

(V C/X)



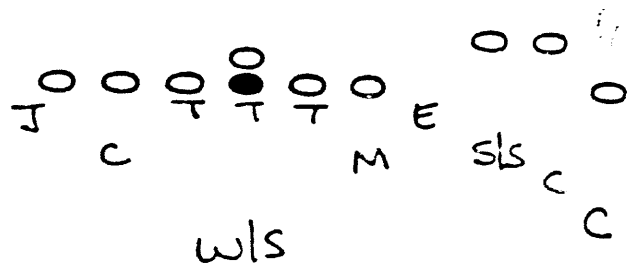
WHITE
 JAYHAWK IT

PLAY IT



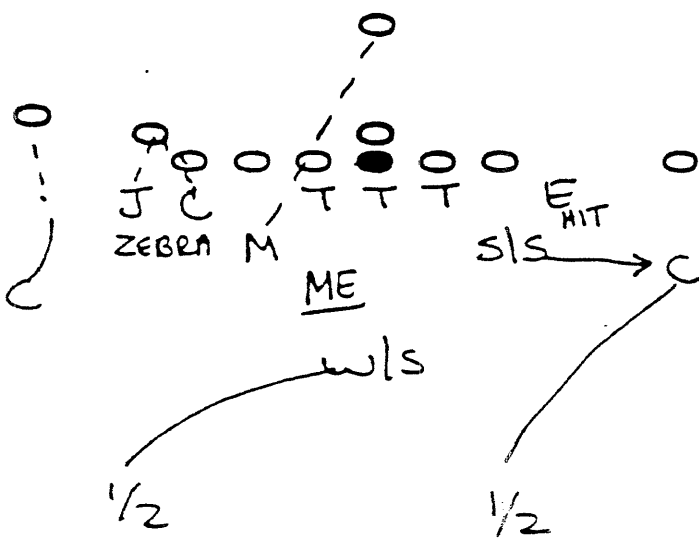
WHITE FLOP
 JAYHAWK IT

(V C/X)



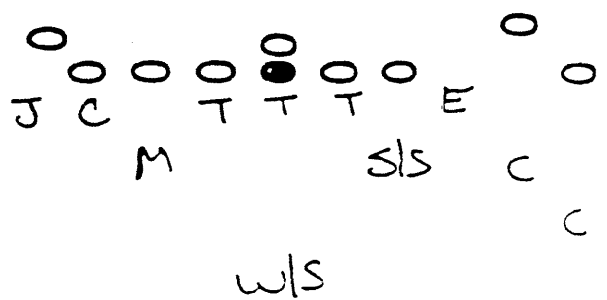
TWIN
 JAYHAWK IT

PLAY IT

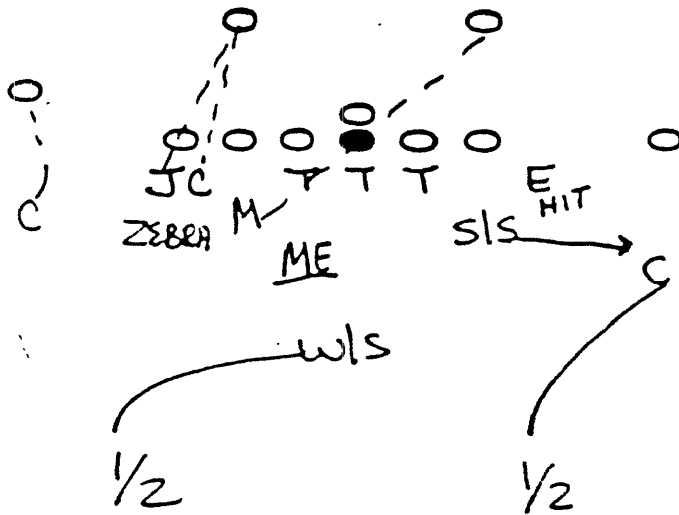


TWIN FLOP

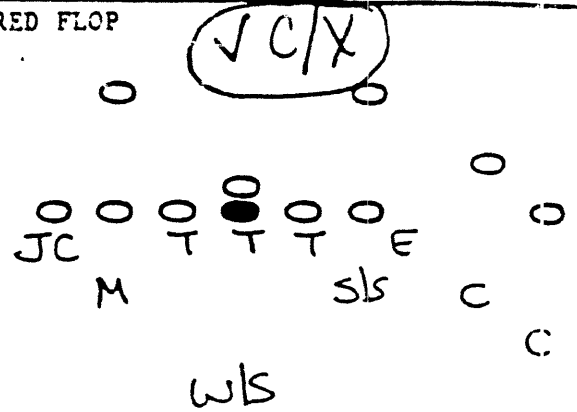
(V C/X)



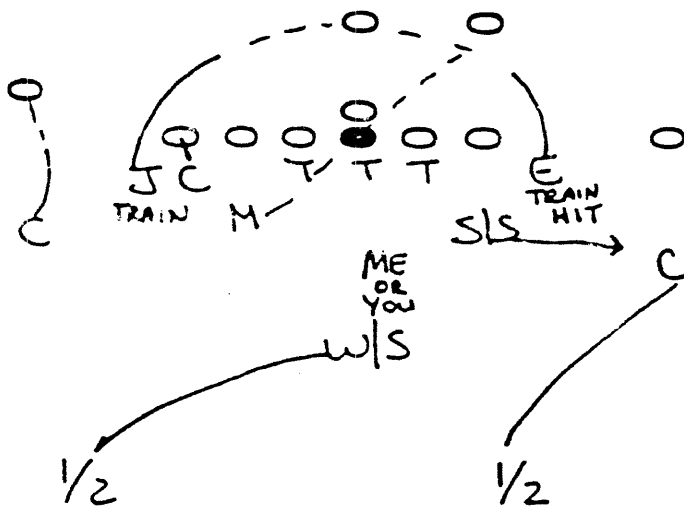
RED PLAY IT



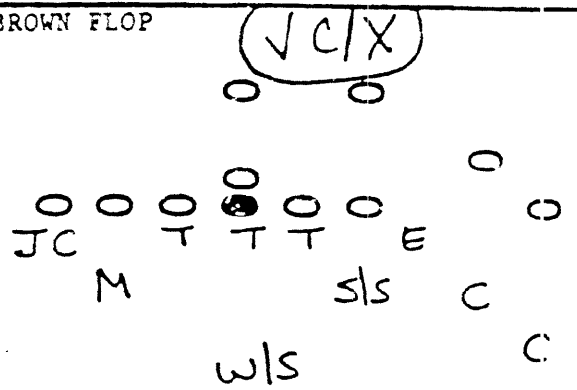
RED FLOP



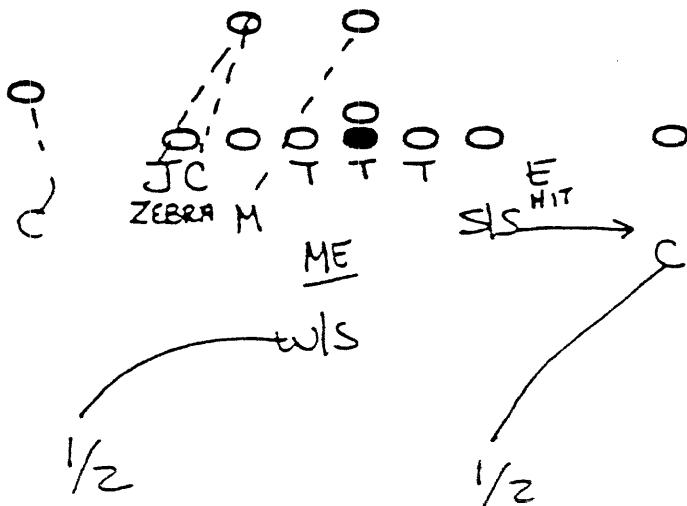
BROWN PLAY IT



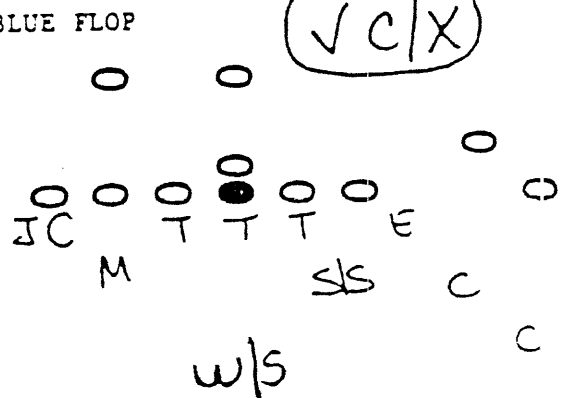
BROWN FLOP



BLUE PLAY IT



BLUE FLOP



FRONT: 46
COVERAGE: 7

TWIN OPEN
JAYHAWK IT

✓ COMBO 1 OR 3 #

O O
J O O O O O E O
C \$ C M C
W/S

TWIN OPEN FLOP
JAYHAWK IT

✓ C/X

B
J O O O O O E O O
S/S C M C C
W/S

PINK

✓ COMBO I OR 3 #

O O
J O O O O O E O
CH M S/S C
W/S

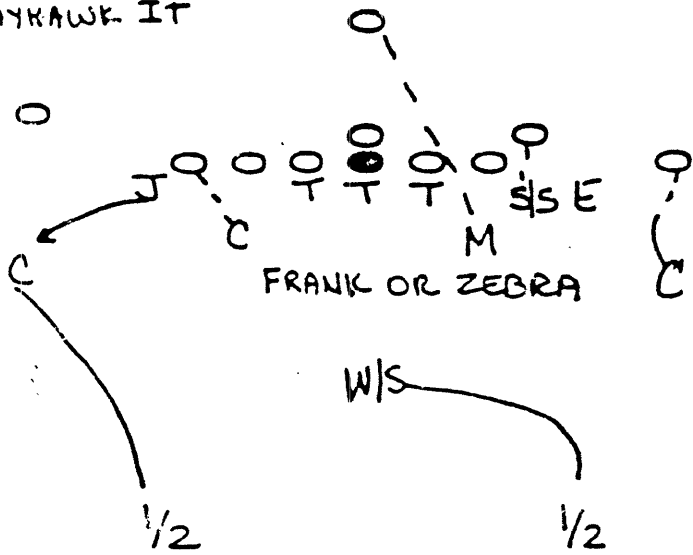
ORANGE

✓ 2 #

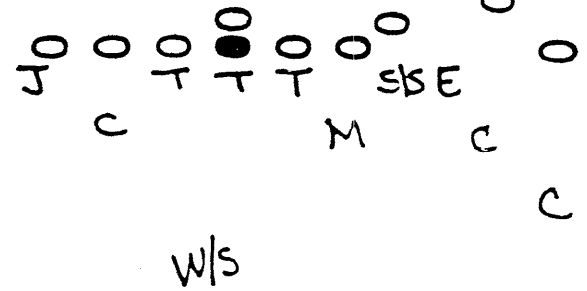
O O
J O O O O O E O O
CH M S/S C
W/S

BROWN-UP OR JAYHAWK
 JAYHAWK IT

PLAY IT

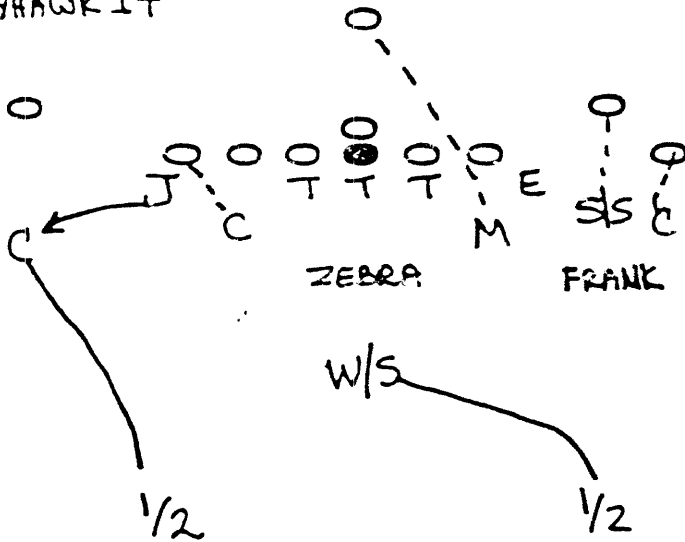


BROWN-UP FLOP OR JAYHAWK FLOP
 JAYHAWK IT



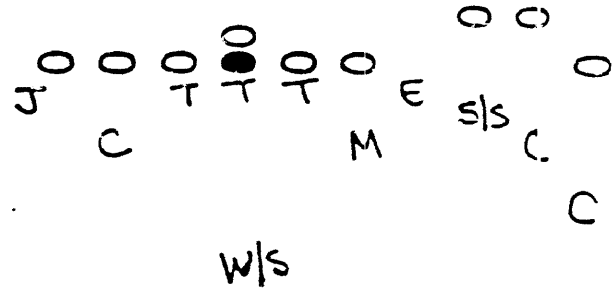
WHITE
 JAYHAWK IT

PLAY IT

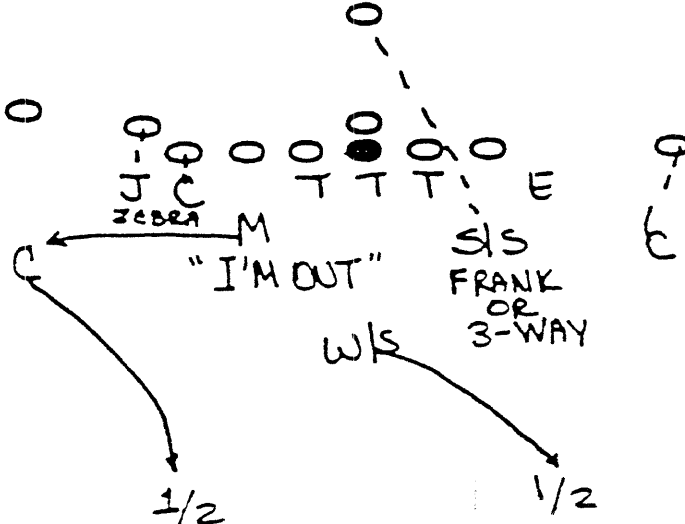


WHITE FLOP
 JAYHAWK IT

(✓ C/X)
 OR 37

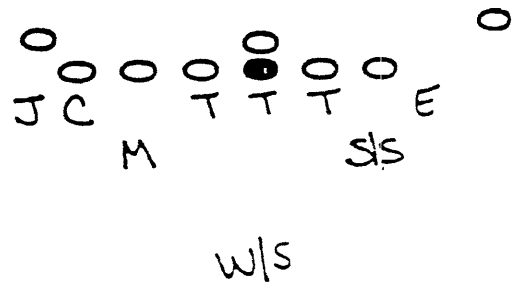


TWIN
 PLAY IT

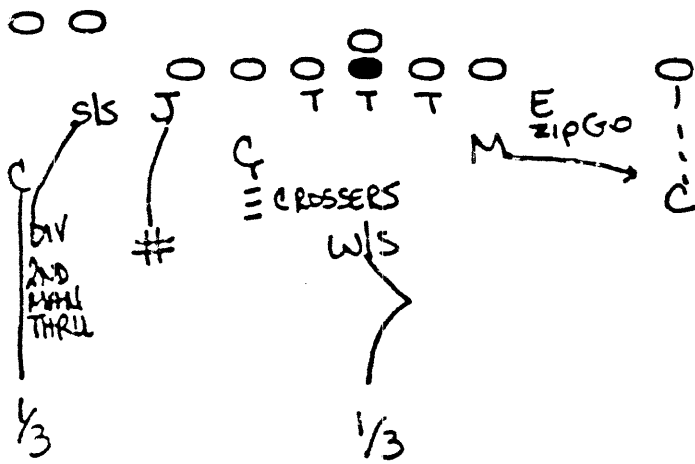


TWIN FLOP

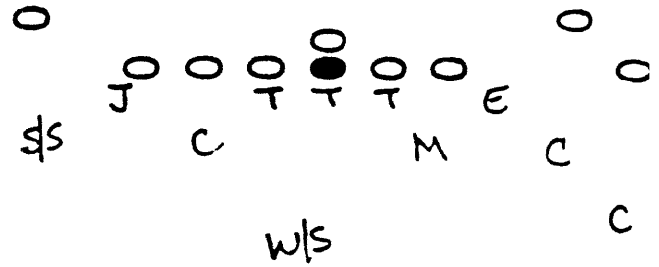
(✓ C/X)



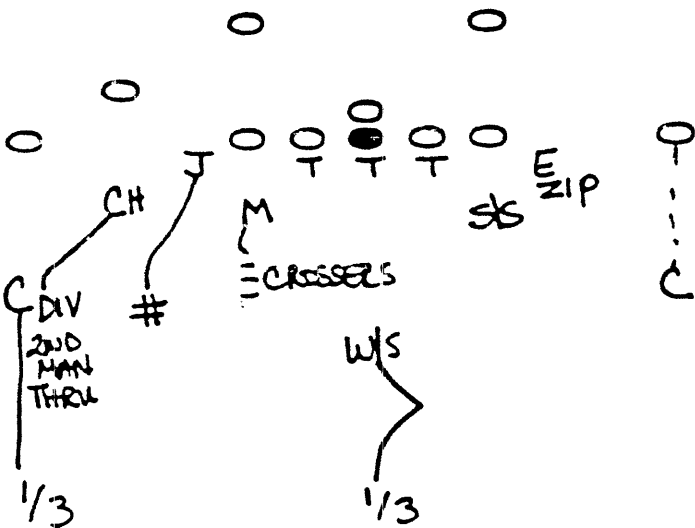
TWIN OPEN PLAY IT
 JAYHAWK IT



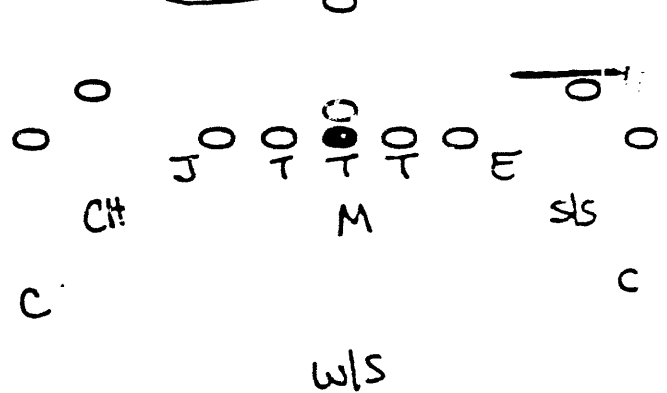
TWIN OPEN FLOP (✓ 2# OR C/X)
 JAYHAWK IT



PINK PLAY IT

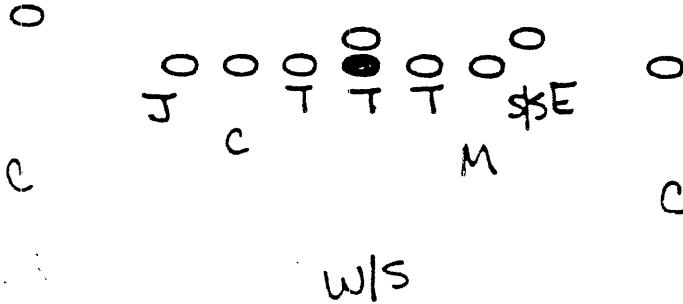


ORANGE (✓ 2#)

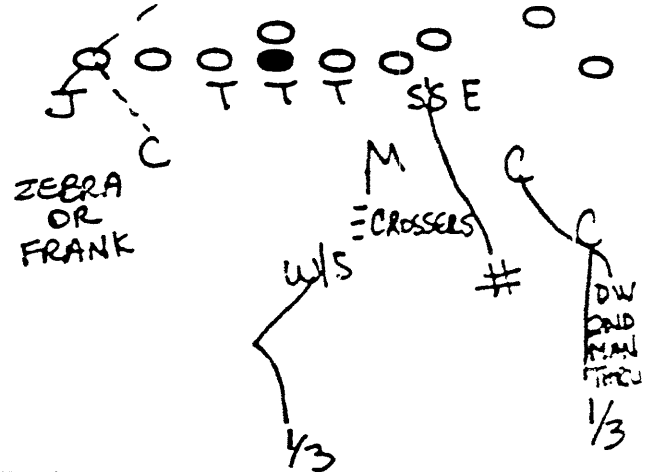


BROWN-UP OR JAYHAWK
 JAYHAWK IT

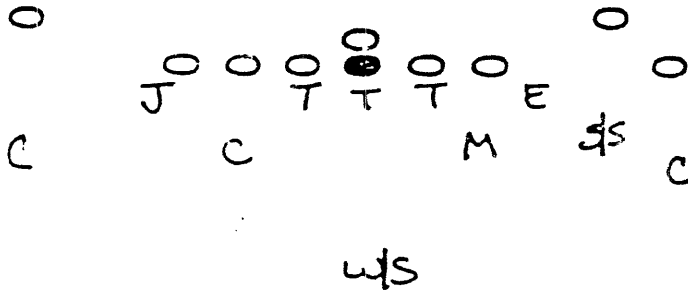
√ 2#



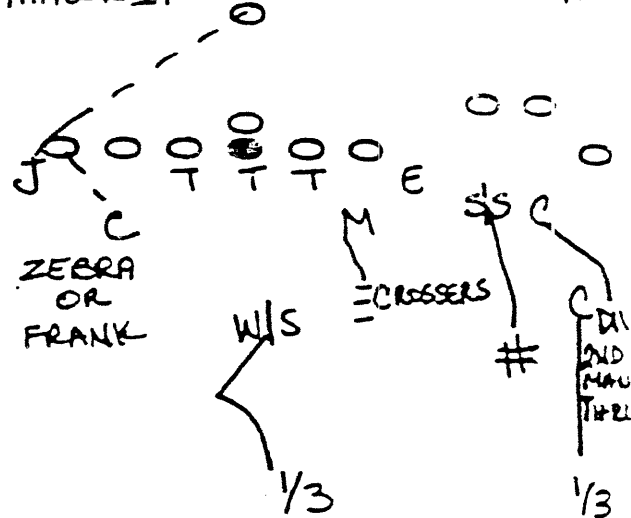
BROWN-UP FLOP OR JAYHAWK FLOP
 JAYHAWK IT OR √ C/X



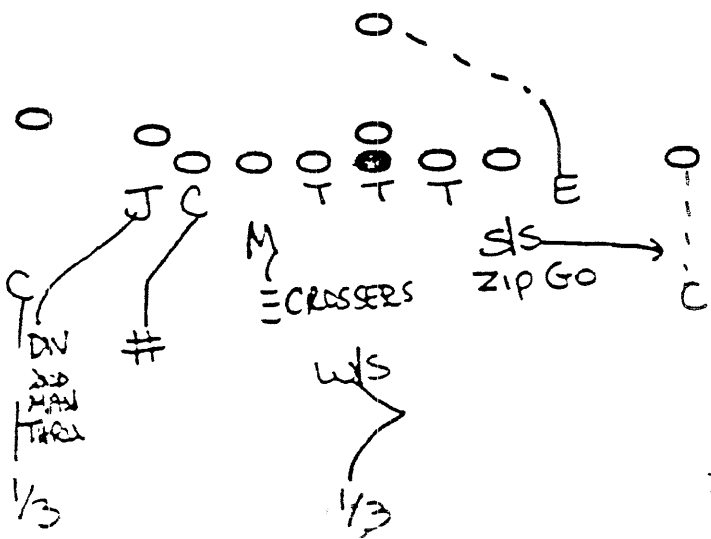
WHITE
 JAYHAWK IT √ 2#



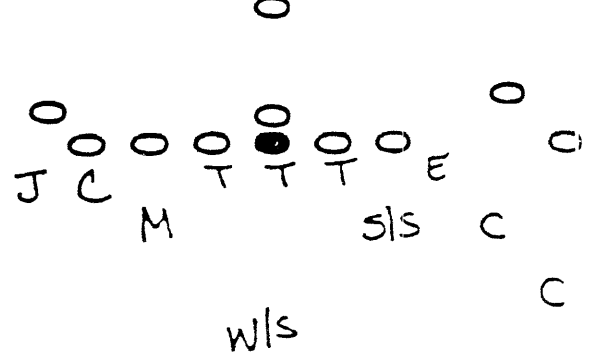
WHITE FLOP
 JAYHAWK IT PLAY IT OR √ C/X



TWIN PLAY IT

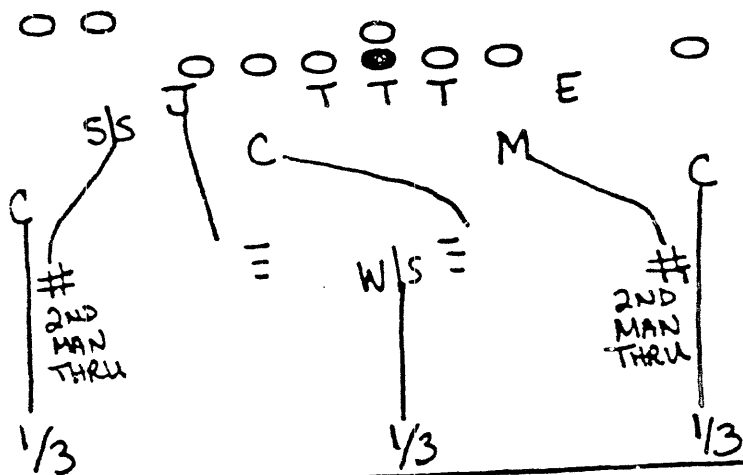


TWIN FLOP √ 2# OR C/X



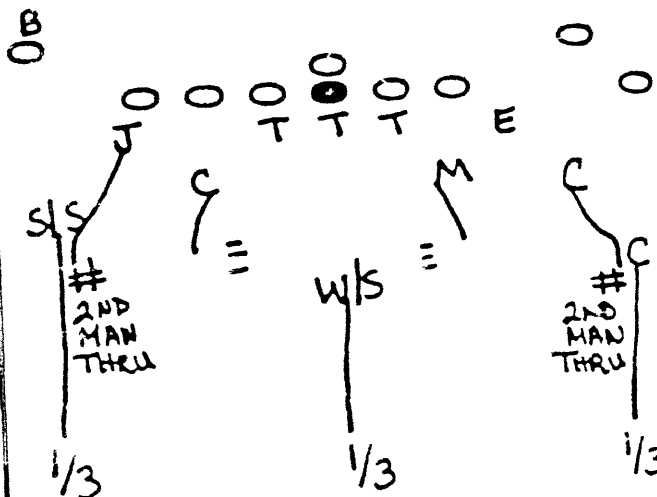
TWIN OPEN
JAYHAWK IT

COULD $\sqrt{3\#}$



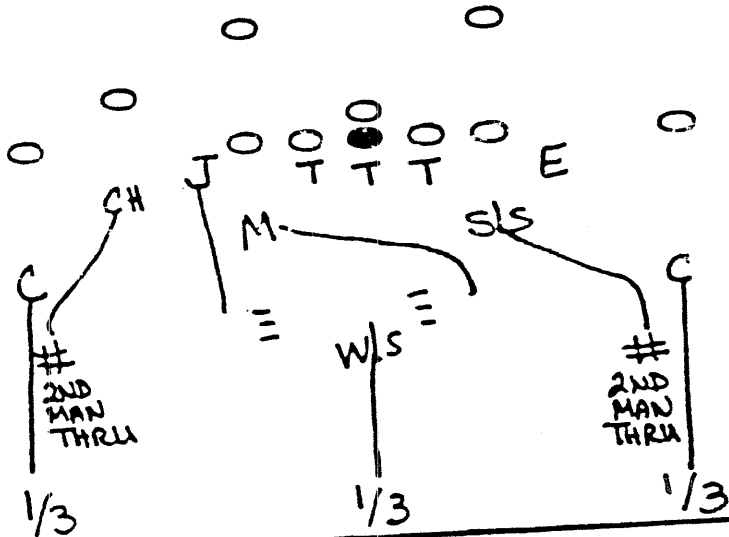
TWIN OPEN FLOP

COULD $\sqrt{C/X}$



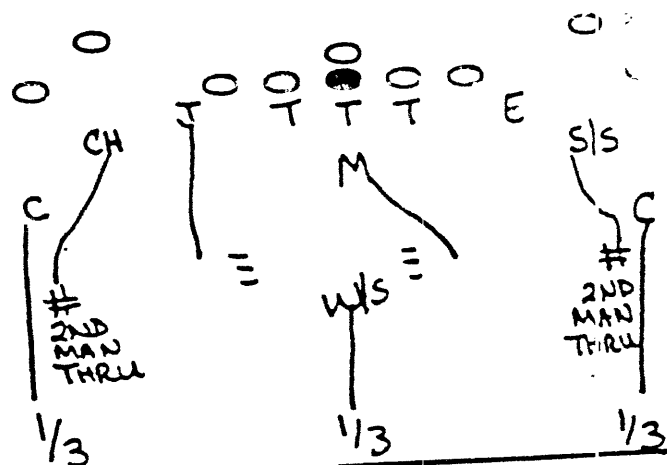
PINK

COULD $\sqrt{3\#}$



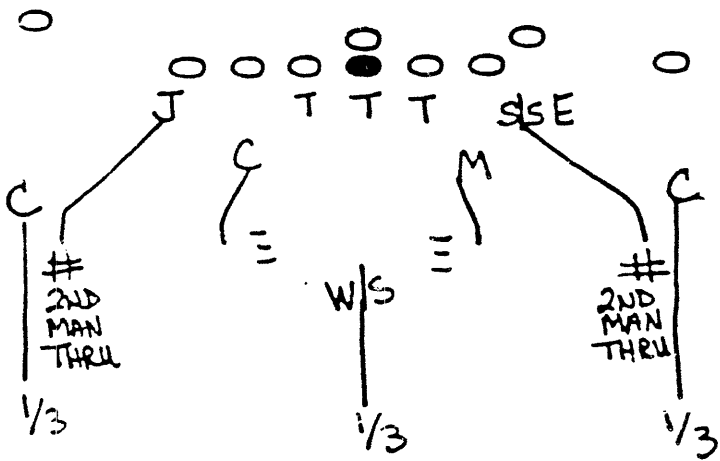
ORANGE
JAYHAWK IT

PLAY IT

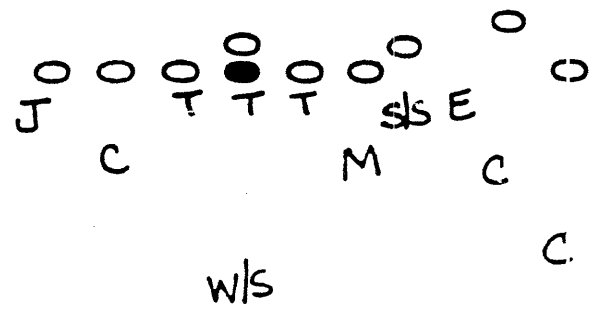


BROWN-UP OR JAYHAWK
 FLOP ADJUSTMENT

PLAY IT

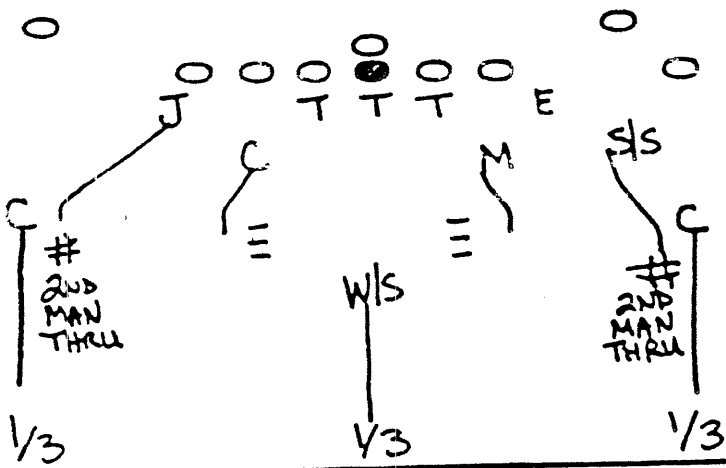


BROWN-UP FLOP OR JAYHAWK FLOP $\sqrt{3\#}$
 JAYHAWK IT OR C/X

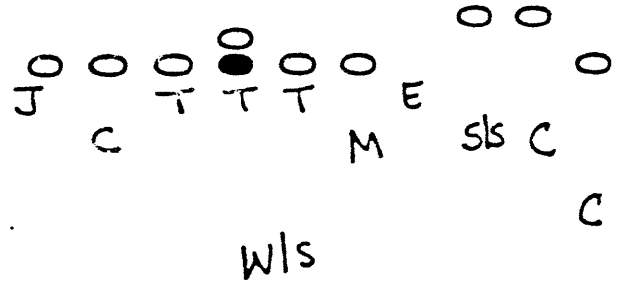


WHITE JAYHAWK IT

PLAY IT

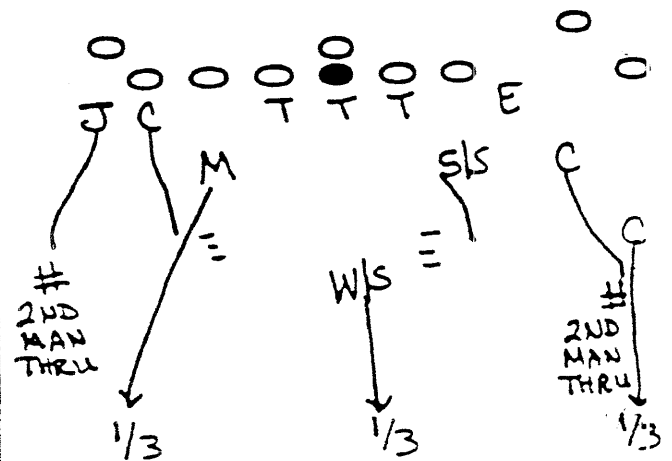
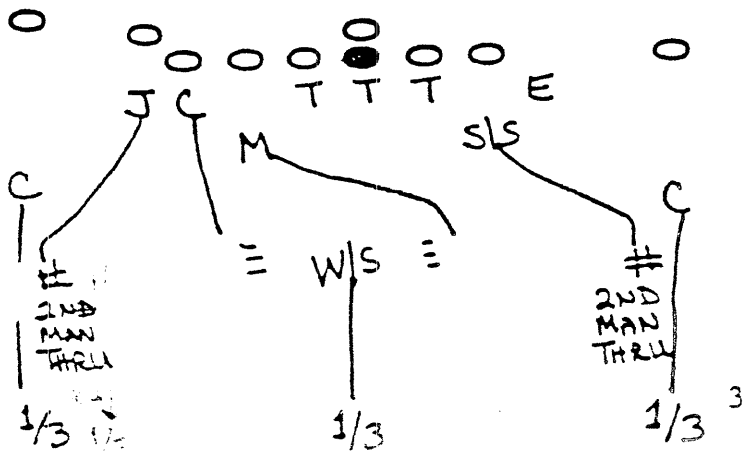


WHITE FLOP $\sqrt{3\#}$ OR C/X
 JAYHAWK IT

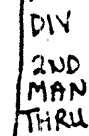
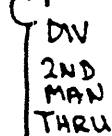


TWIN COULD $\sqrt{3\#}$

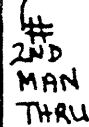
TWIN FLOP COULD $\sqrt{C/X}$



COVERAGE: 4 Z BLUE

 $\sqrt{3} \neq$ 
$$\sqrt{34}$$


0



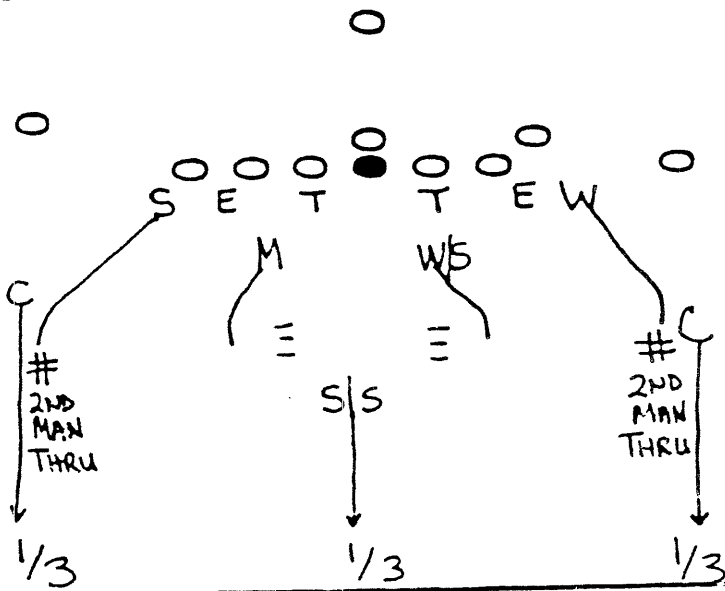
0



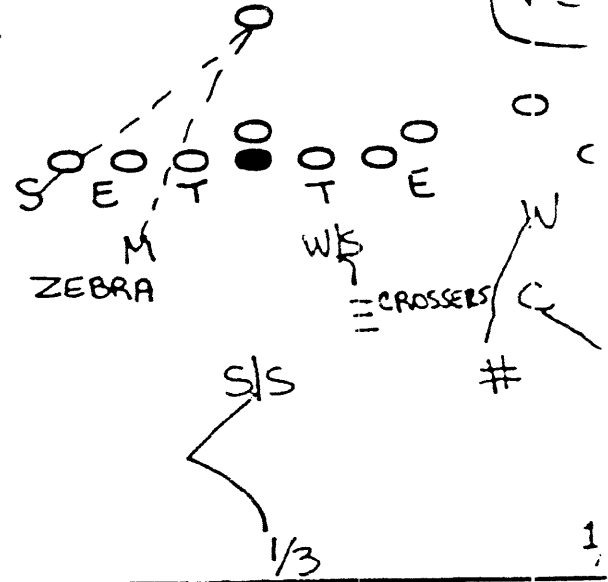
FRONT: 4-3 (4)
 COVERAGE: 4 Z BLUE

BROWN-UP OR JAYHAWK

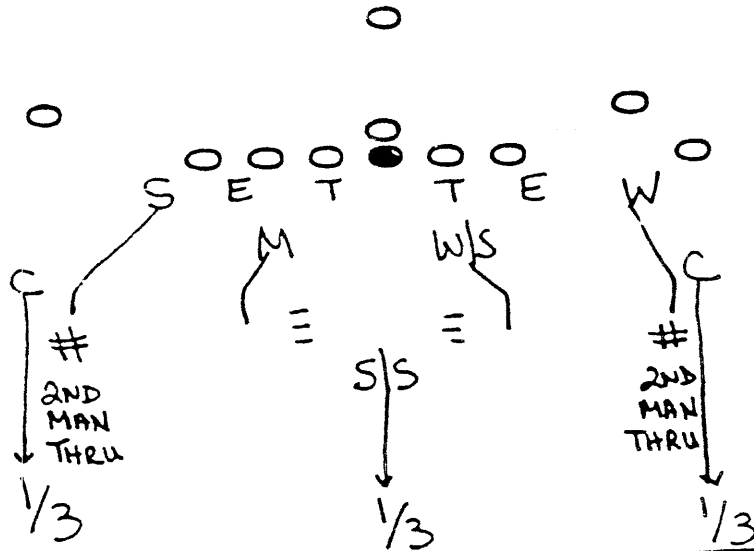
PLAY IT



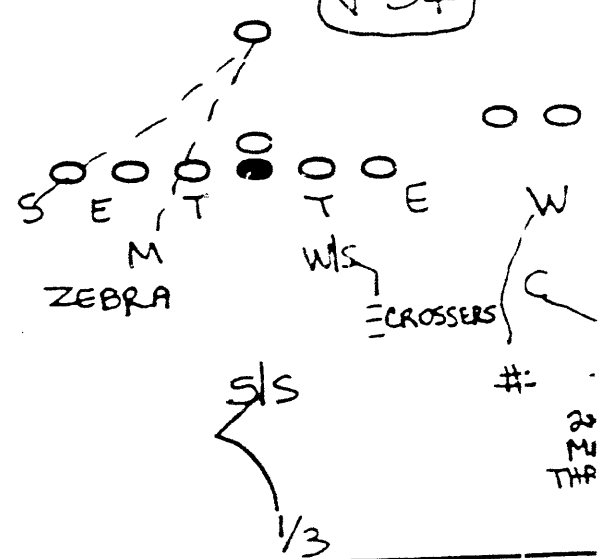
BROWN-UP FLOP OR JAYHAWK FLOP



WHITE PLAY IT

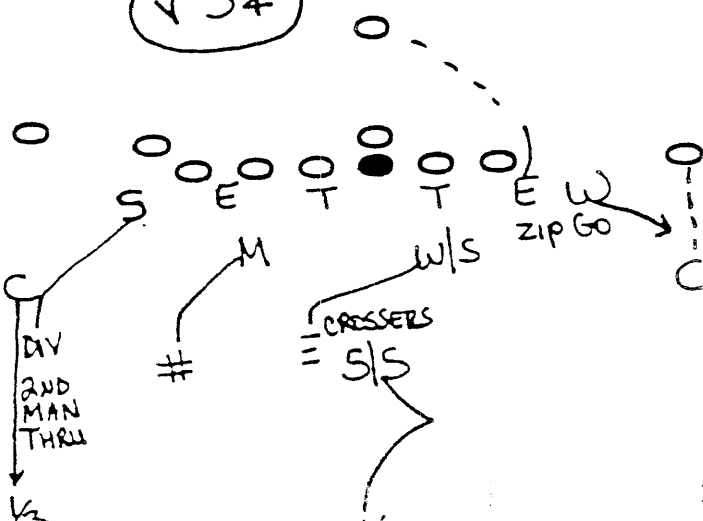


WHITE FLOP

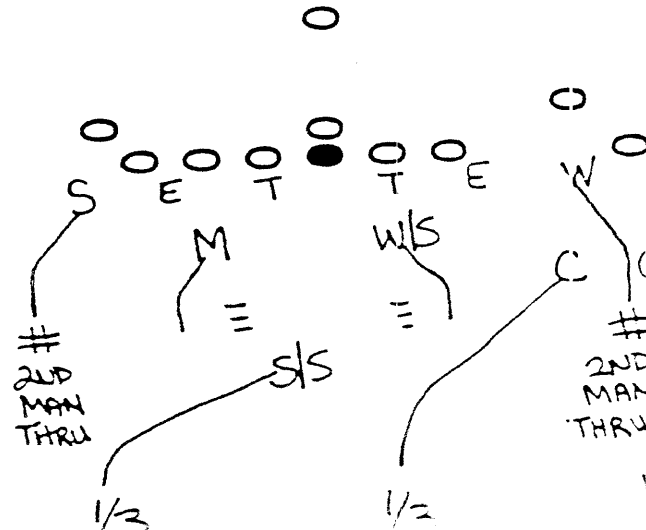


TWIN

(V3#)



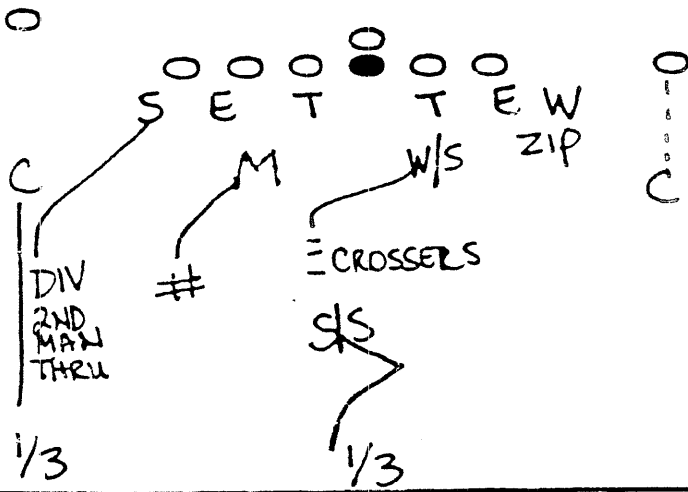
TWIN FLOP PLAY IT



FRONT: 4-3 (4)
 COVERAGE: 4 2 BLUE

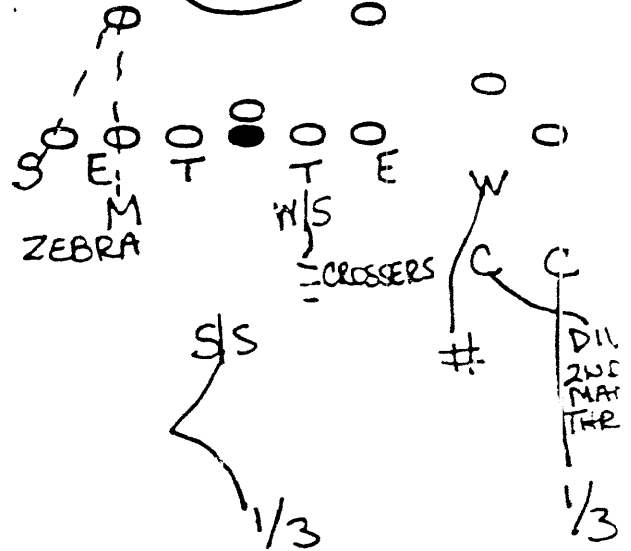
RED

(√34)



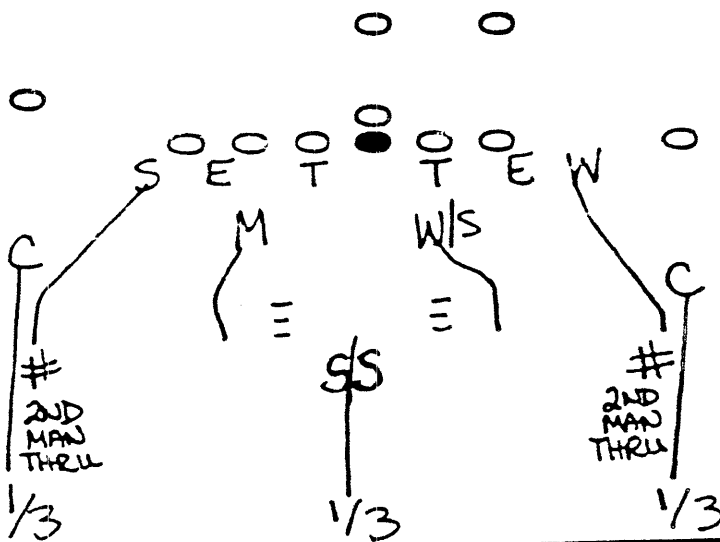
RED FLOP

(√34)



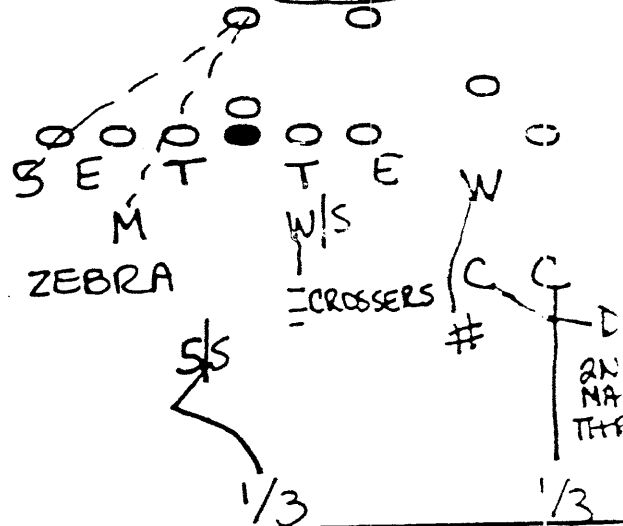
BROWN

PLAY IT



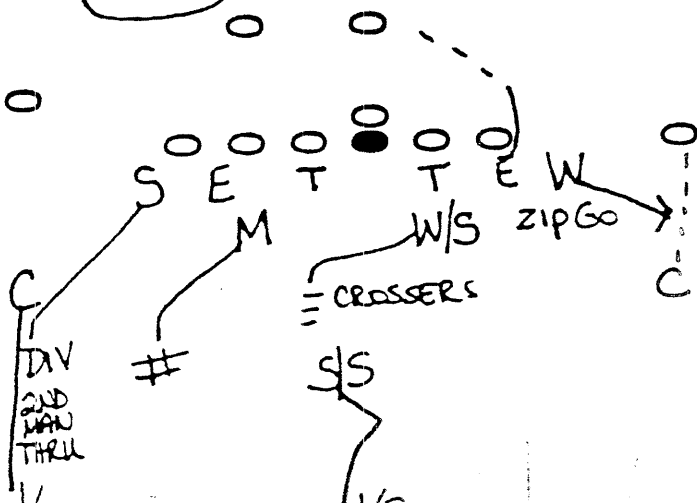
BROWN FLOP

(√34)



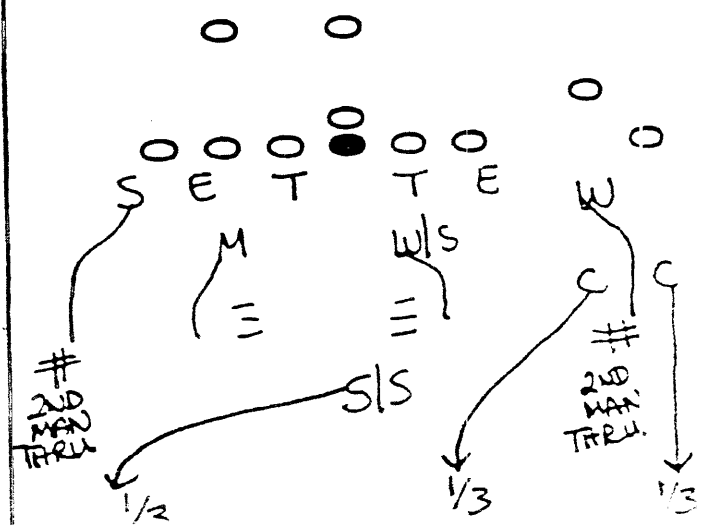
BLUE

(√34)



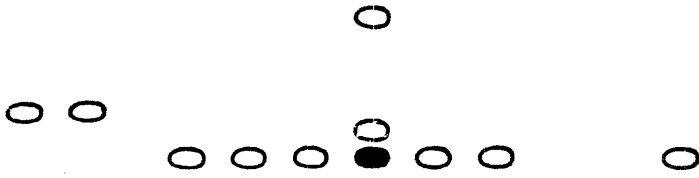
BLUE FLOP

PLAY IT

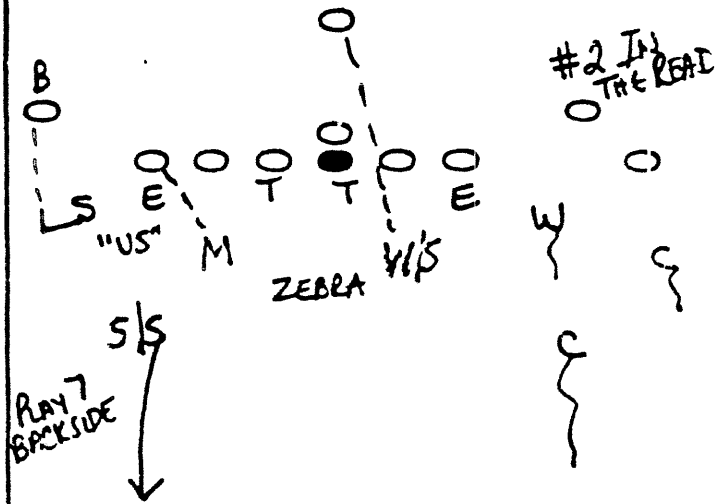


FRONT: (4)
COVERAGE: READ VS. FLOP

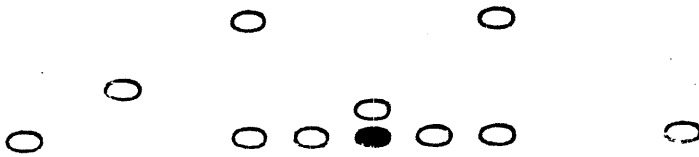
TWIN OPEN



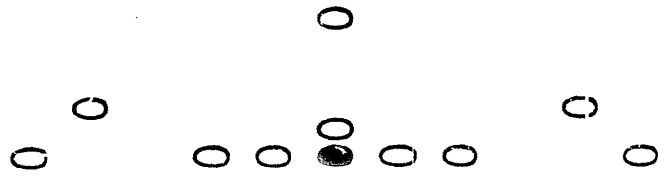
TWIN OPEN FLOP



PINK

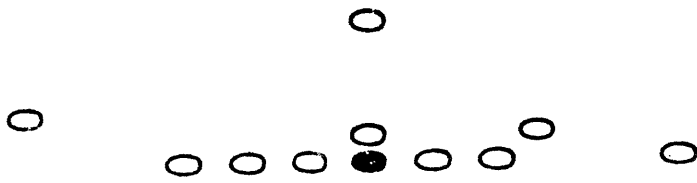


ORANGE

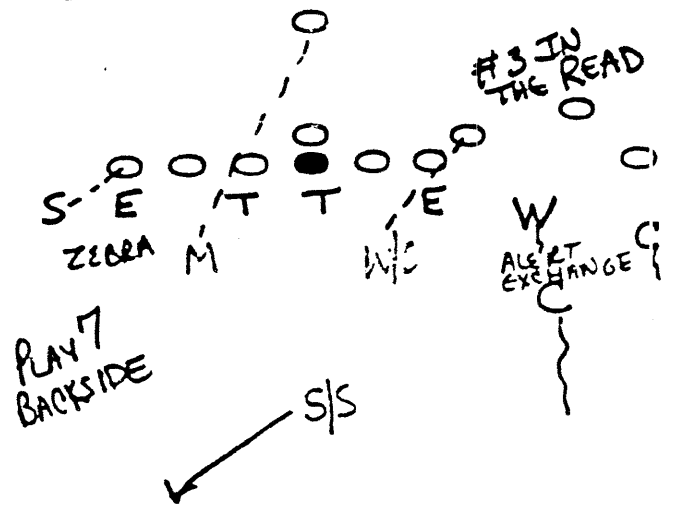


FRONT: (4)
COVERAGE: READ VS. FLOP

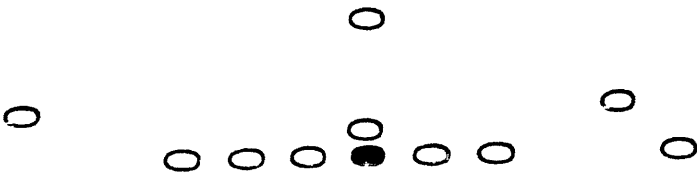
BROWN-UP OR JAYHAWK



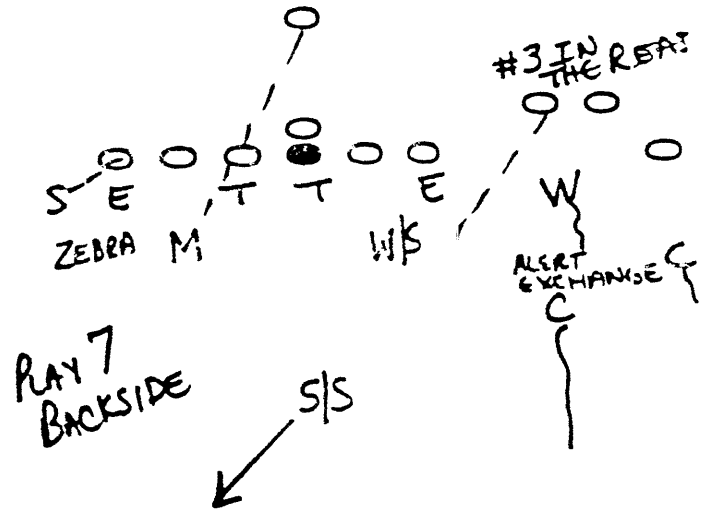
BROWN-UP FLOP OR JAYHAWK FLOP



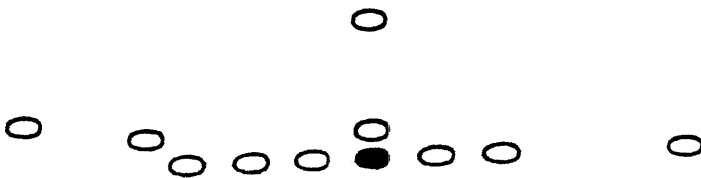
WHITE



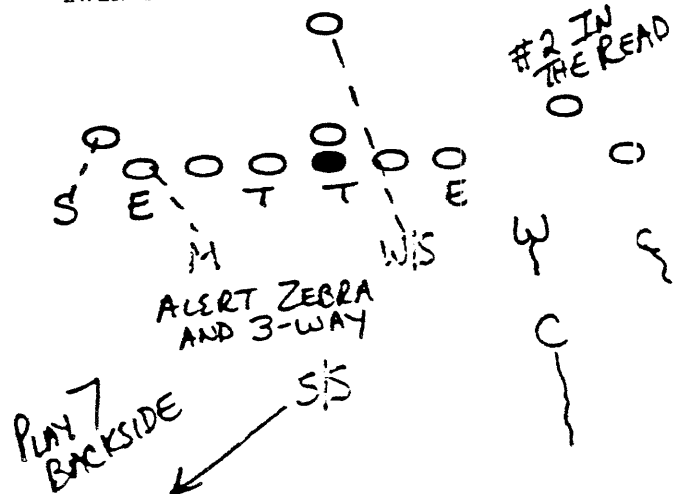
WHITE FLOP



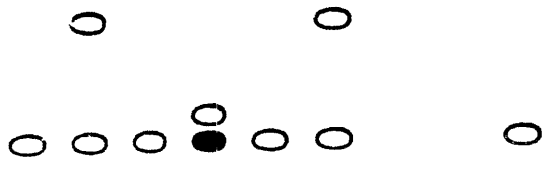
TWIN



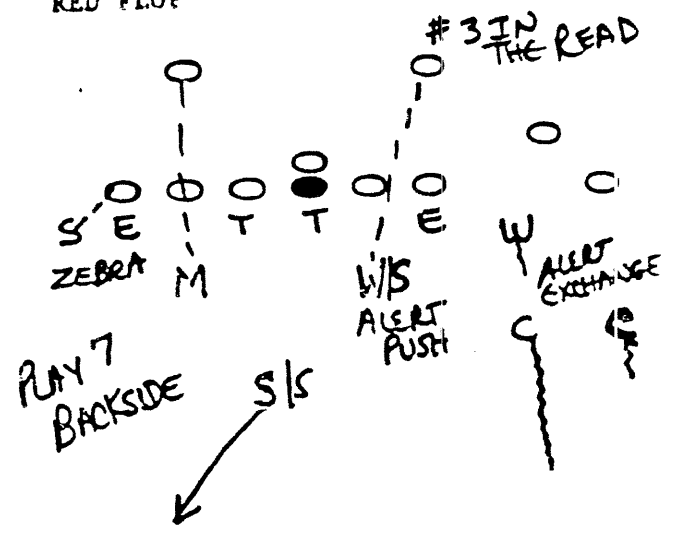
TWIN FLOP



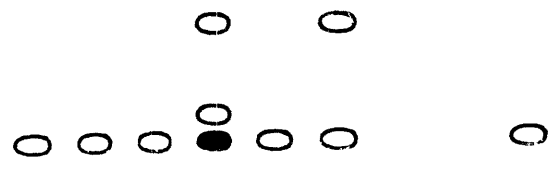
RED



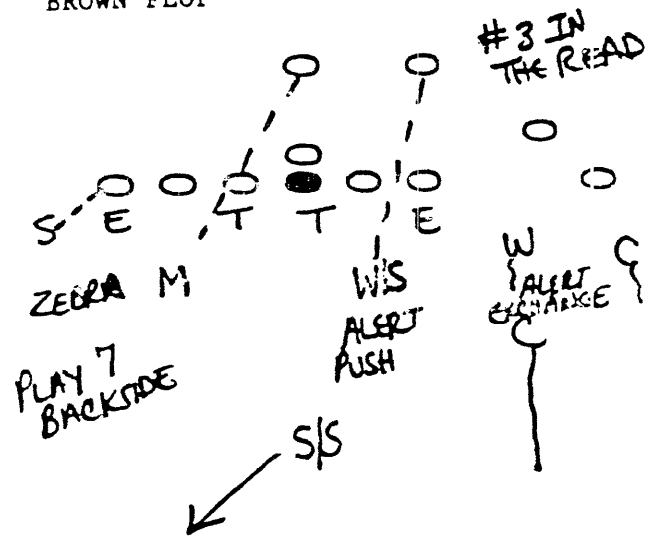
RED FLOP



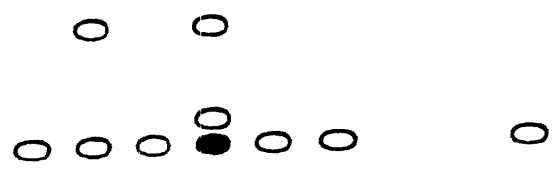
BROWN



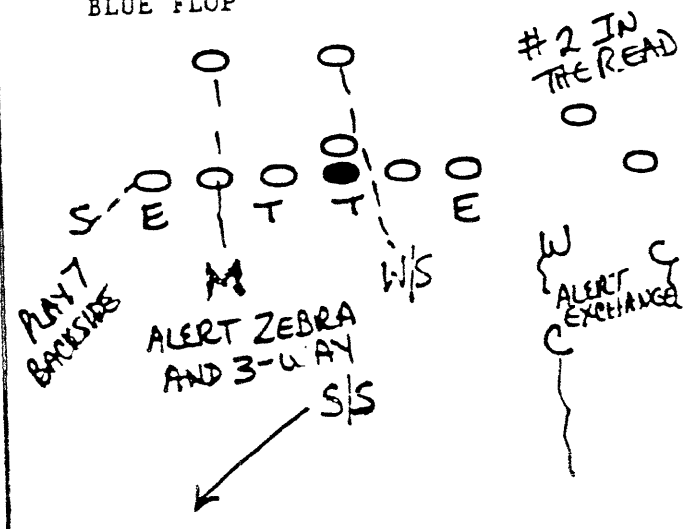
BROWN FLOP



BLUE

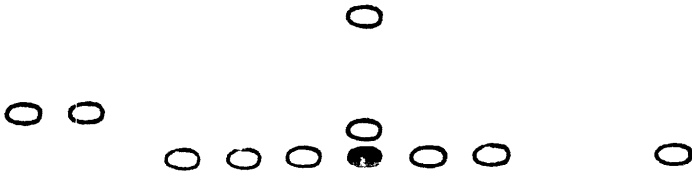


BLUE FLOP

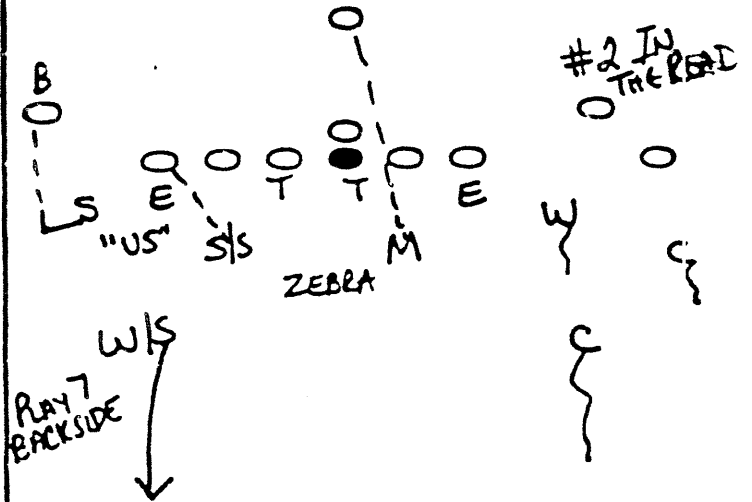


FRONT: (10)
COVERAGE: READ VS. FLOP

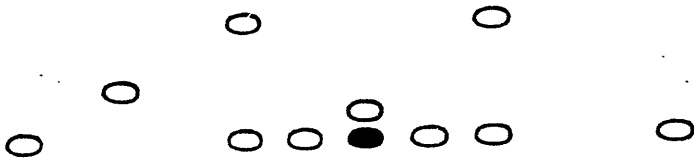
TWIN OPEN



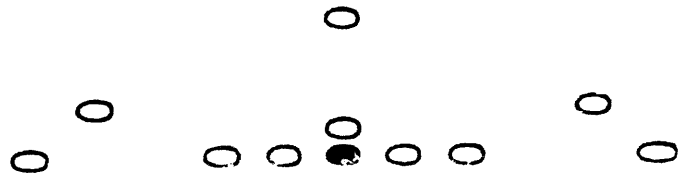
TWIN OPEN FLOP



PINK

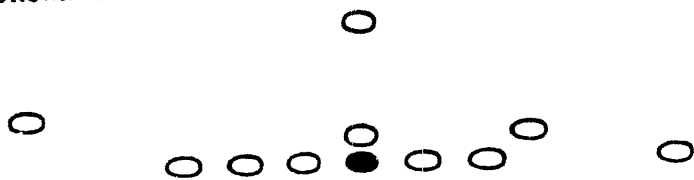


ORANGE

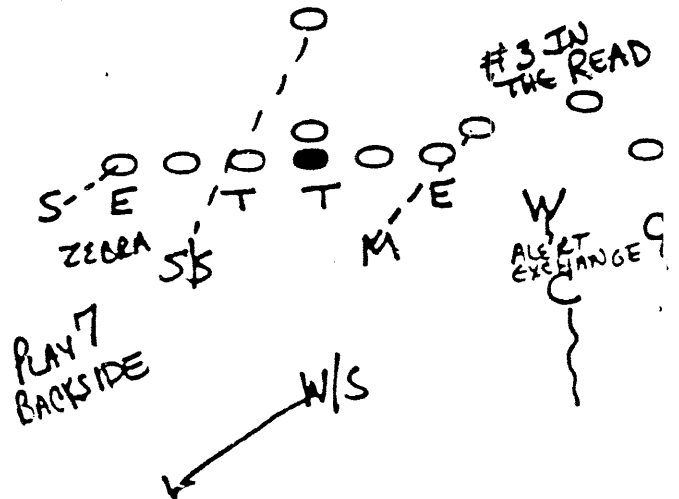


FRONT: (10)
 COVERAGE: READ VS. FLOP

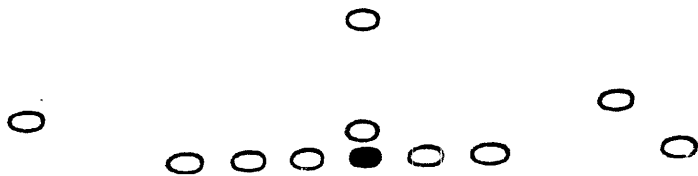
BROWN-UP OR JAYHAWK



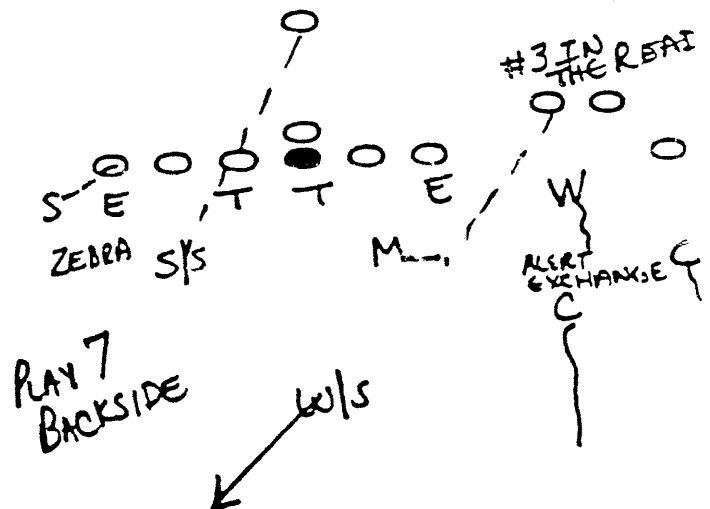
BROWN-UP FLOP OR JAYHAWK FLOP



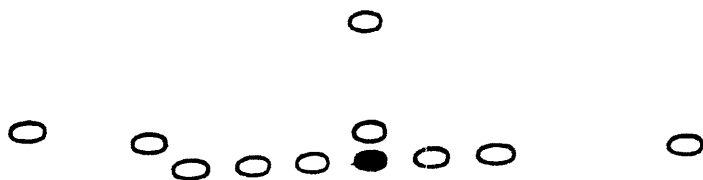
WHITE



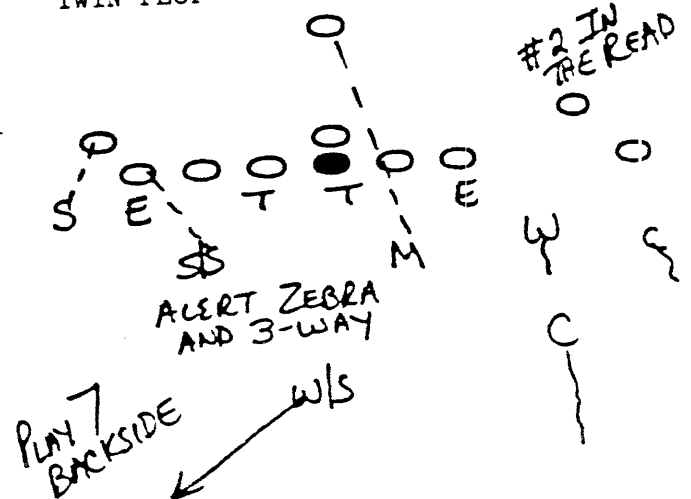
WHITE FLOP



TWIN

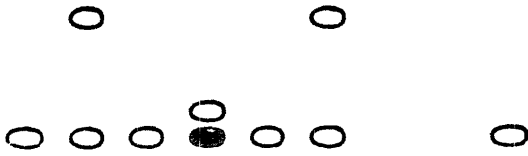


TWIN FLOP

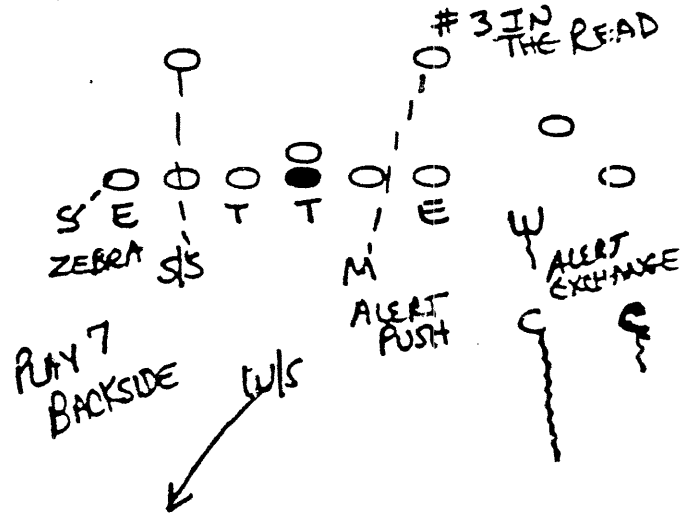


FRONT: (10)
 COVERAGE: READ VS. FLOP

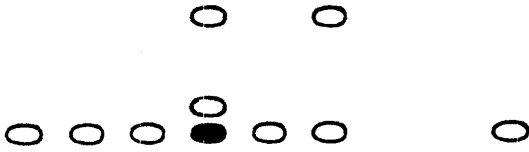
RED



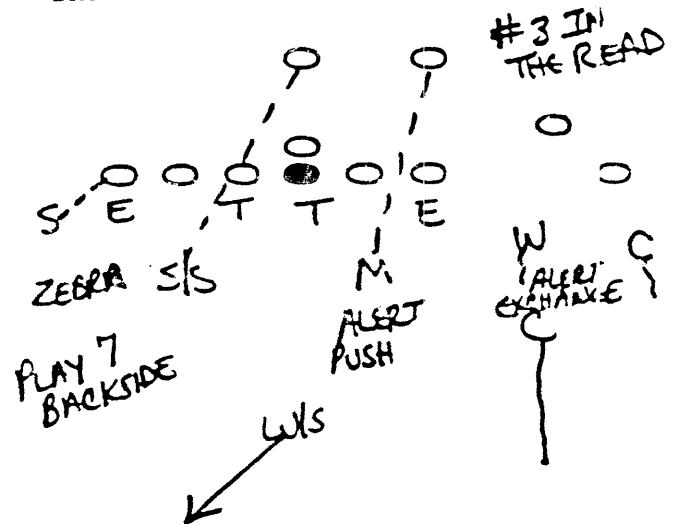
RED FLOP



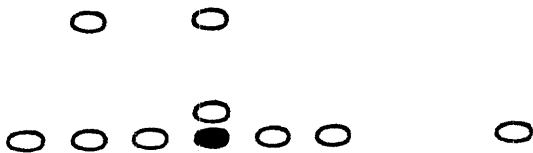
BROWN



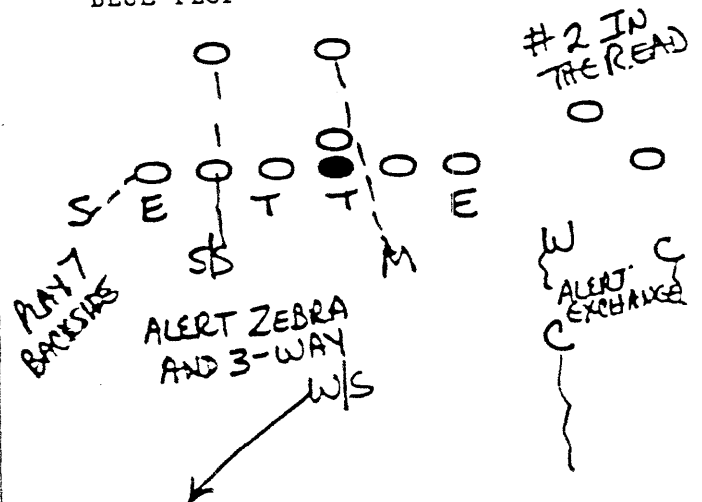
BROWN FLOP



BLUE



BLUE FLOP

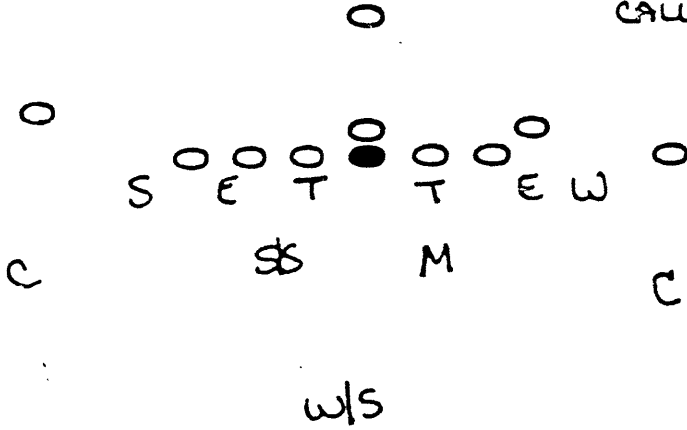


FRONT: (10)

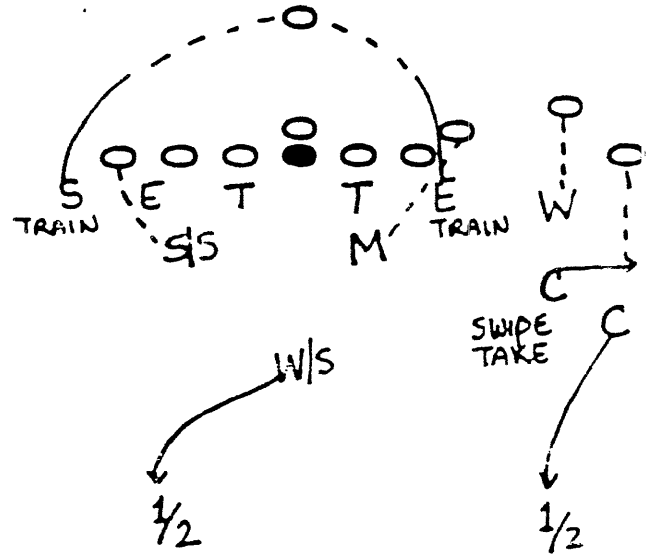
COVERAGE: COMBO X

BROWN-UP OR JAYHAWK

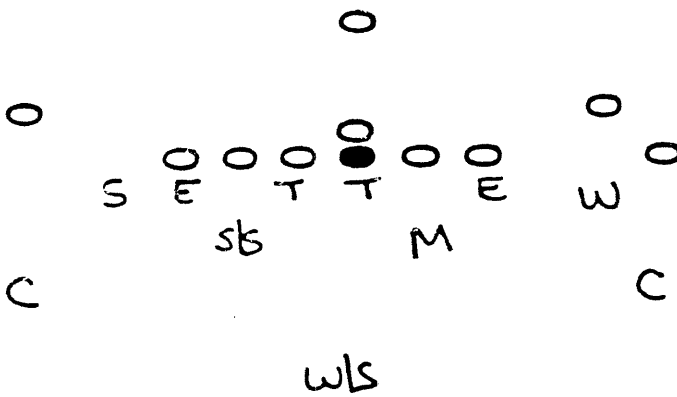
PLAY THE COVERAGE CALLED



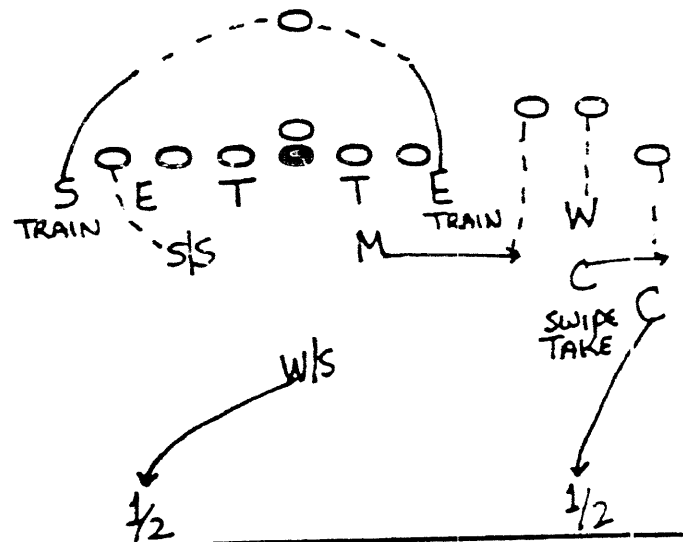
BROWN-UP FLOP OR JAYHAWK FLOP PLAY IT



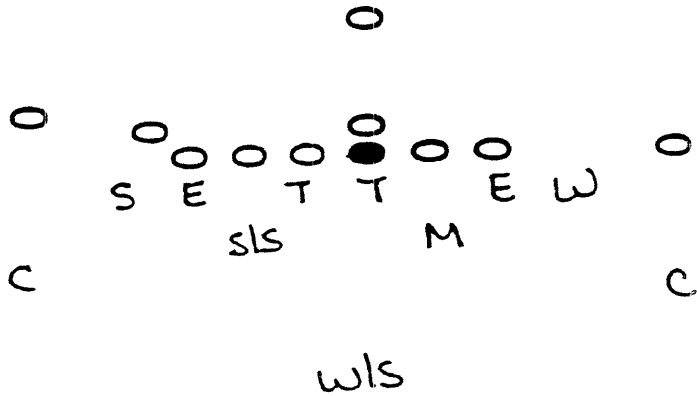
WHITE PLAY THE COVERAGE CALLED



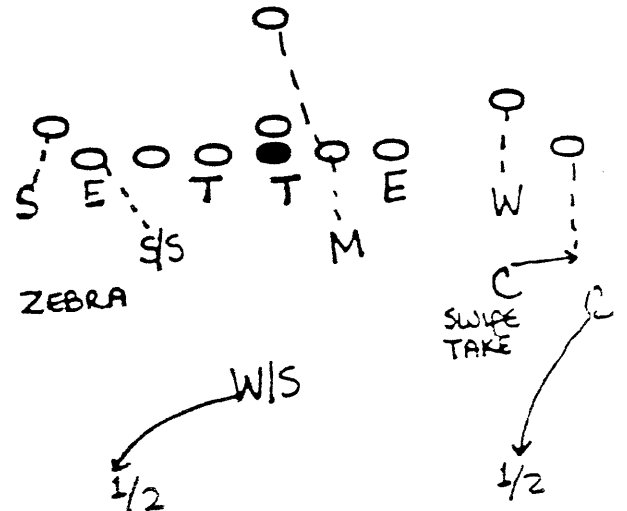
WHITE FLOP PLAY IT



TWIN PLAY THE COVERAGE CALLED

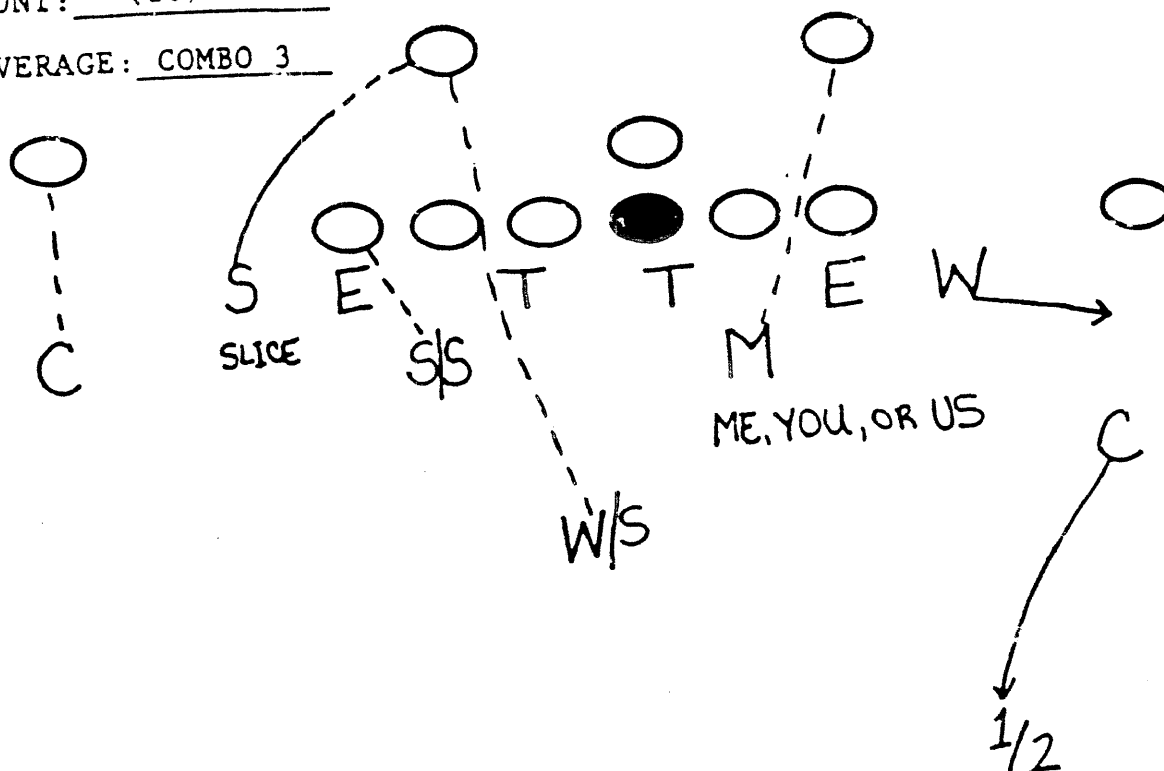


TWIN FLOP PLAY IT



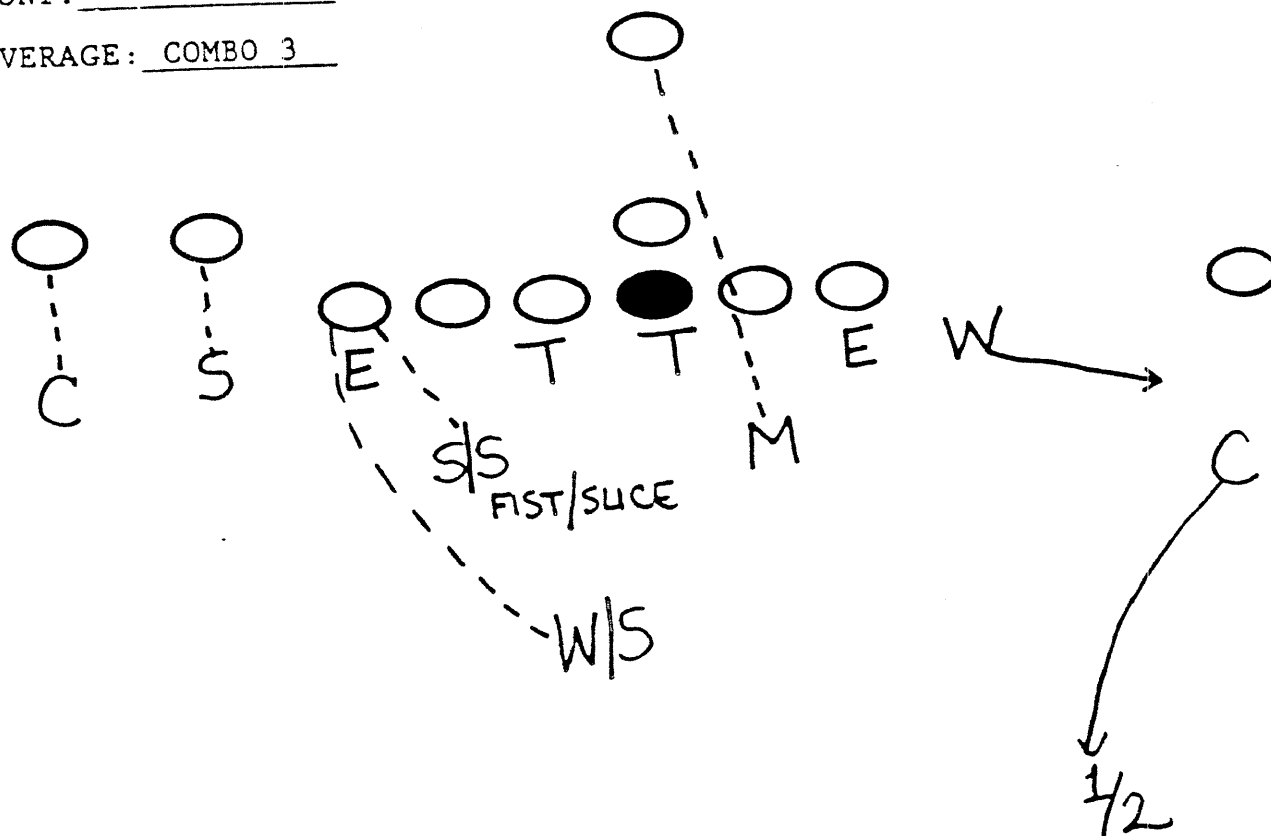
FRONT: (10)

COVERAGE: COMBO 3



FRONT: (10)

COVERAGE: COMBO 3



FRONT: (10)

COVERAGE: COMBO 3

COVERAGE DESCRIPTION:

COMBO 3 IS A 5 UNDER MAN-TO-MAN, 2 DEEP ZONE WITH THE WEAK SAFETY WORKING STRONG IN DOUBLE COVERAGE ON THE #3 RECEIVER.

WHEN COVERAGE IS USED:

COMBO 3 IS USED WHEN WE WANT TO TAKE AWAY THE STRONG SIDE #3 RECEIVER WITH AGGRESSIVE MAN-TO-MAN UNDERNEATH COVERAGE WITH 1/2'S COVERAGE ON TOP.

KEY COACHING POINTS:

1. UNDERNEATH COVERAGE MUST GET HANDS ON THE RECEIVERS AND MAINTAIN AN INSIDE TRAIL TECHNIQUE.
2. PLAY THE MAN. DO NOT LOOK BACK IN COVERAGE UNTIL YOU HEAR A "BALL" CALL FROM THE 1/2'S PLAYER INDICATING THAT THE BALL IS IN FLIGHT.
3. IF THE PLAYER BREAKS AWAY FROM YOU AND GETS SEPARATION, TAKE AN ANGLE TO HIS UPFIELD SHOULDER TO SECURE THE TACKLE.
4. COMMUNICATE AND ALERT ZEBRA'S ANYTIME THERE IS THE POSSIBILITY OF AN EXCHANGE.
5. THE WEAK SIDE UNDERNEATH COVER GUYS MUST COMMUNICATE THEIR CALLS (ME, YOU, US, SWIPE, OR SWIPE TAKE).
6. 1/2'S DROPPERS GET A 2 TO 1 READ. IF #2 CAN BE ERASED, YOU CAN SQUEEZE #1.
7. UNDERNEATH COVERAGE MUST BE PREPARED TO CARRY ALL VERTICAL RELEASES, MAINTAINING AN INSIDE TRAIL TECHNIQUE.

CALLS THAT MUST BE VERBALLY COMMUNICATED WITHIN THE FRONT AND COVERAGE:

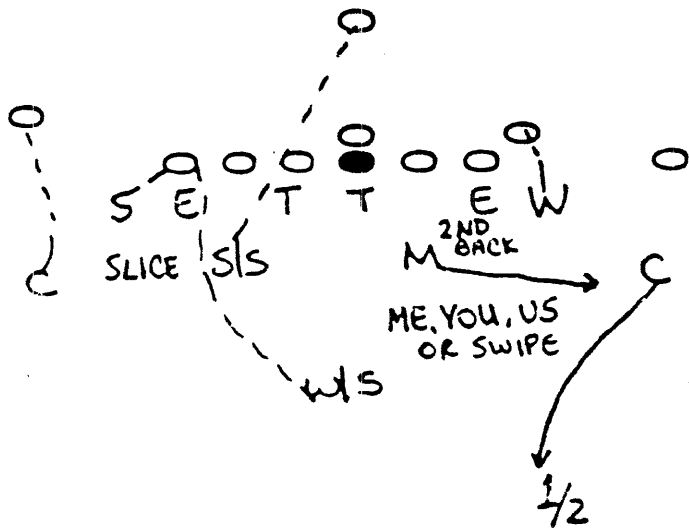
FRANK OR ZEBRA - MAN-TO-MAN COVERAGE CALLS USED TO ENABLE US TO EXECUTE THE COVERAGE ON THE STRONG SIDE.

ME, YOU, US, SWIPE, OR SWIPE TAKE - MAN-TO-MAN COVERAGE CALLS USED TO ENABLE US TO EXECUTE THE COVERAGE ON THE WEAK SIDE.

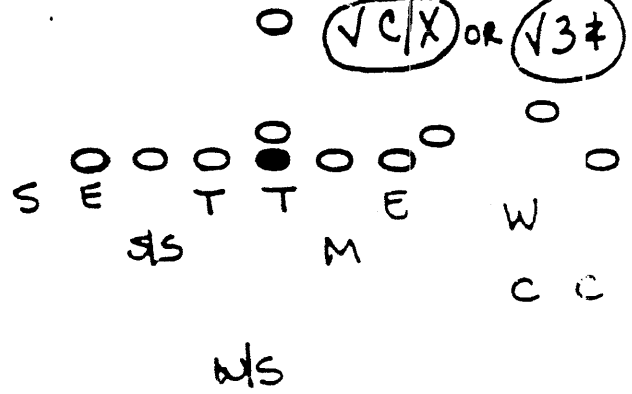
FIST, SLICE, FIST/SLICE, OR THUMBS - COVERAGE TECHNIQUES USED BY THE LINEBACKERS AND SECONDARY TO EXECUTE COVERAGE.

BROWN-UP OR JAYHAWK

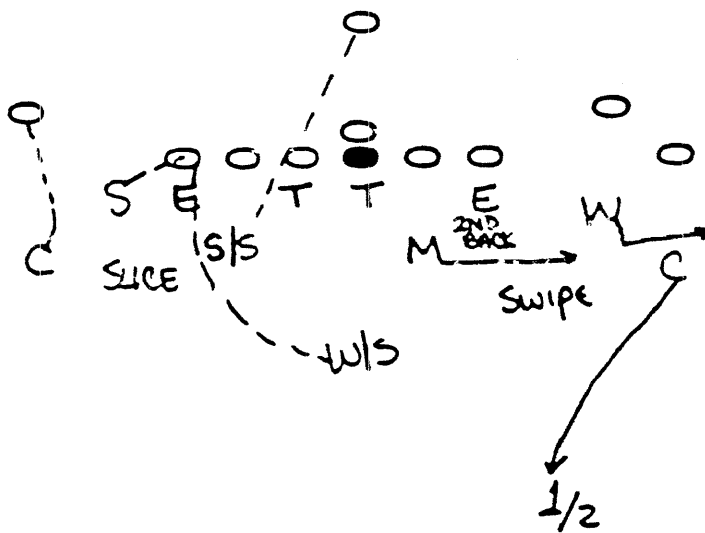
PLAY IT



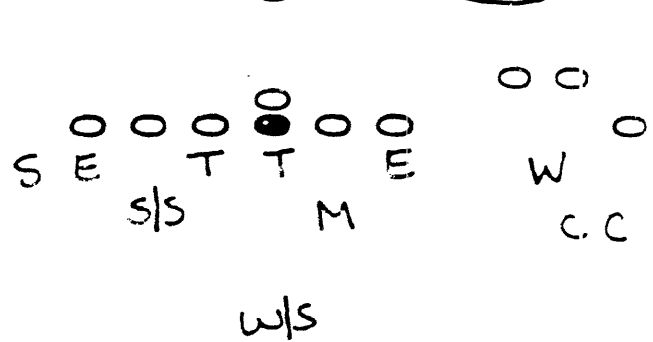
BROWN-UP FLOP OR JAYHAWK FLOP



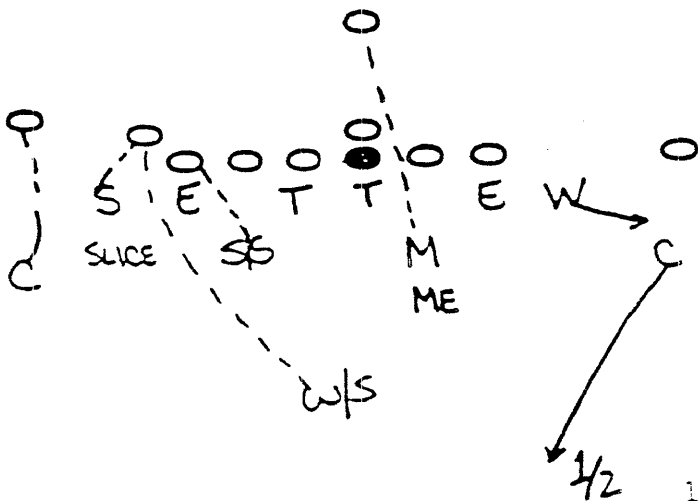
WHITE PLAY IT



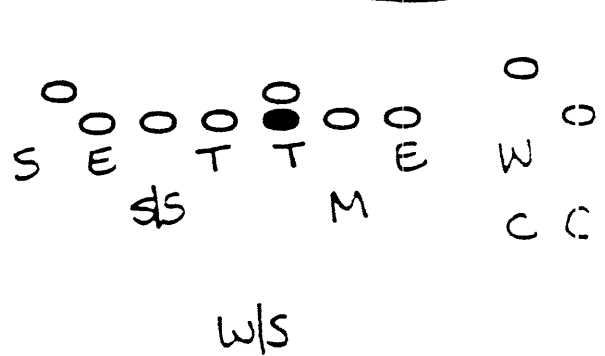
WHITE FLOP VC/X or 34



TWIN PLAY IT



TWIN FLOP VC/X



FRONT: (10)

COVERAGE: COMBO 2

COVERAGE DESCRIPTION:

COMBO 2 IS A 5 UNDER MAN-TO-MAN, 2 DEEP ZONE WITH THE WEAK SAFETY WORKING STRONG IN COVERAGE ON THE #2 RECEIVER.

WHEN COVERAGE IS USED:

COMBO 2 IS USED WHEN WE WANT TO TAKE AWAY THE STRONG SIDE #2 RECEIVER WITH AGGRESSIVE MAN-TO-MAN UNDERNEATH COVERAGE WITH 1/2'S COVERAGE ON TOP.

KEY COACHING POINTS:

1. UNDERNEATH COVERAGE MUST GET HANDS ON THE RECEIVERS AND MAINTAIN AN INSIDE TRAIL TECHNIQUE.
2. PLAY THE MAN. DO NOT LOOK BACK IN COVERAGE UNTIL YOU HEAR A "BALL" CALL FROM THE 1/2'S PLAYER INDICATING THAT THE BALL IS IN FLIGHT.
3. IF THE PLAYER BREAKS AWAY FROM YOU AND GETS SEPARATION, TAKE AN ANGLE TO HIS UPFIELD SHOULDER TO SECURE THE TACKLE.
4. COMMUNICATE AND ALERT ZEBRA'S ANYTIME THERE IS THE POSSIBILITY OF AN EXCHANGE.
5. THE WEAK SIDE UNDERNEATH COVER GUYS MUST COMMUNICATE THEIR CALLS (ME, YOU, US, SWIPE, OR SWIPE TAKE).
6. 1/2'S DROPPERS GET A 2 TO 1 READ. IF #2 CAN BE ERASED, YOU CAN SQUEEZE #1.
7. UNDERNEATH COVERAGE MUST BE PREPARED TO CARRY ALL VERTICAL RELEASES, MAINTAINING AN INSIDE TRAIL TECHNIQUE.
8. SAM AND W/S HAVE THE #2 RECEIVER IN COVERAGE.
9. S/S HAS #3 IN COVERAGE. IF #3 IS IN THE FULLBACK POSITION OR THE UNDER POSITION, USE THE "2ND BACK" CALL TO THE WEAK END.

CALLS THAT MUST BE VERBALLY COMMUNICATED WITHIN THE FRONT AND COVERAGE:

FRANK OR ZEBRA - MAN-TO-MAN COVERAGE CALLS USED TO ENABLE US TO EXECUTE THE COVERAGE ON THE STRONG SIDE.

ME, YOU, US, SWIPE, OR SWIPE TAKE - MAN-TO-MAN COVERAGE CALLS USED TO ENABLE US TO EXECUTE THE COVERAGE ON THE WEAK SIDE.

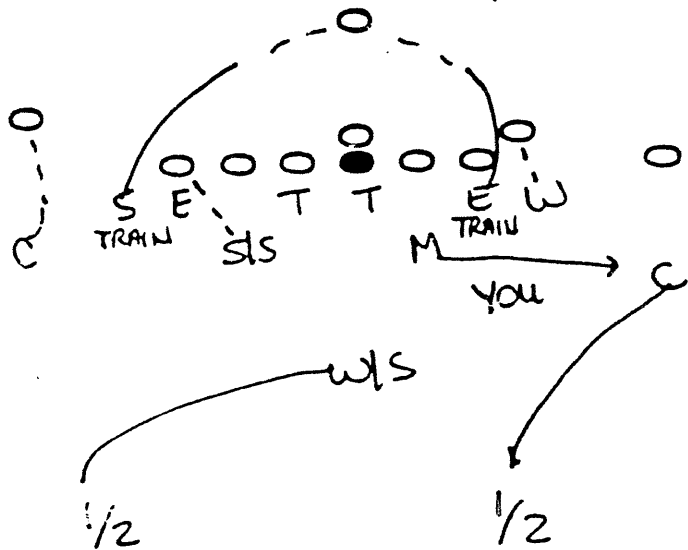
FIST, SLICE, FIST/SLICE, OR THUMBS - COVERAGE TECHNIQUES USED BY THE LINEBACKERS AND SECONDARY TO EXECUTE COVERAGE.

"2ND BACK" - A CALL MADE BY THE S/S TO THE WEAK END TO HAVE THE END TAKE THE FAST SWING ROUTE.

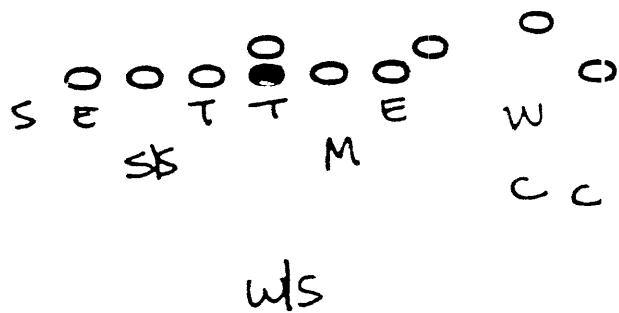
FRONT: (10)
COVERAGE: COMBO 1

BROWN-UP OR JAYHAWK

PLAY IT

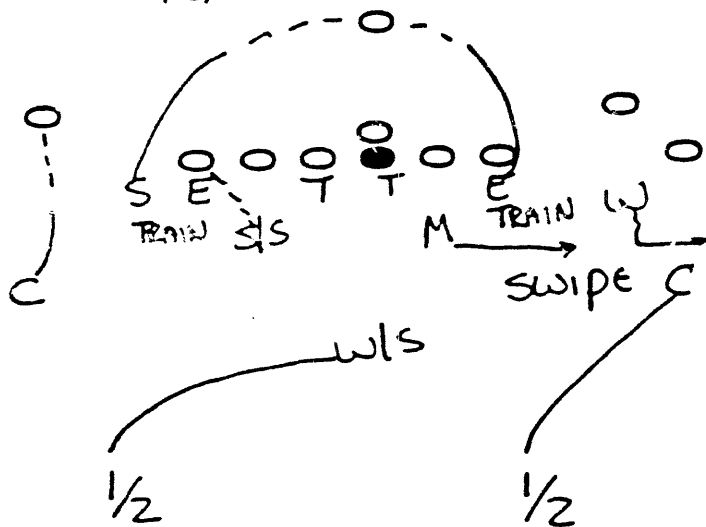


BROWN-UP FLOP OR JAYHAWK FLOP

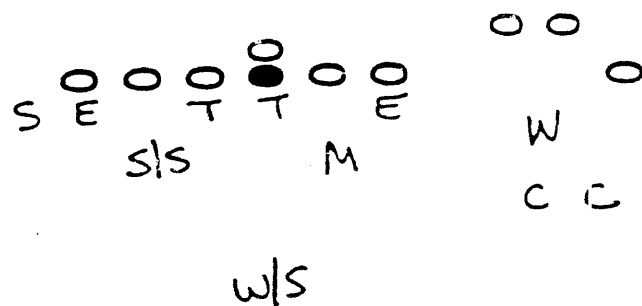
$$\sqrt{c/x}$$


WHITE

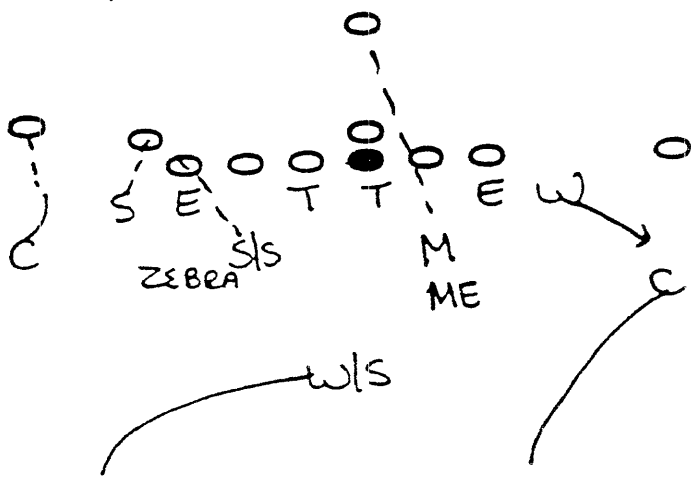
PLAY IT



WHITE FLOP

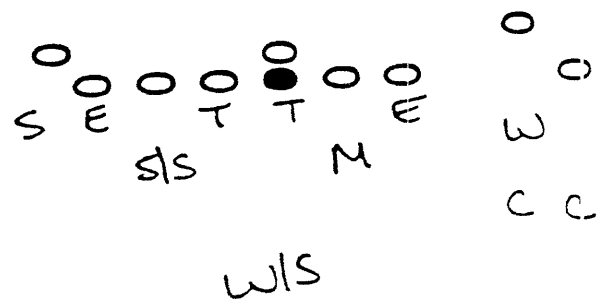
$$\sqrt{C/X}$$


TWIN PLAY IT



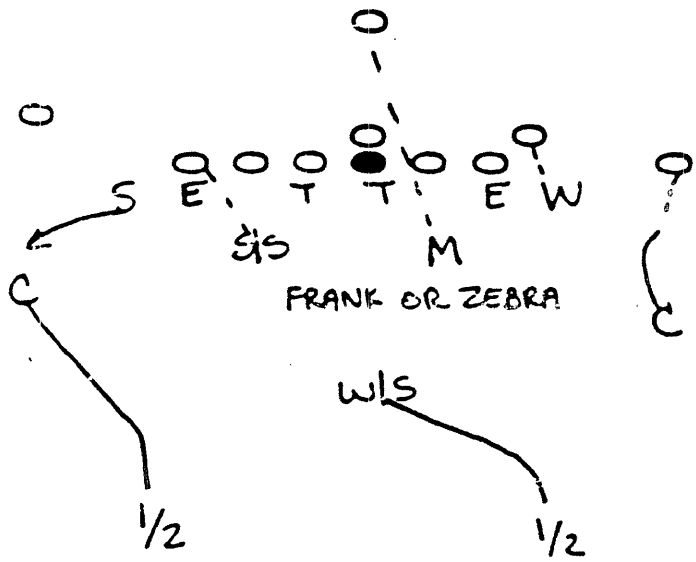
TWIN FLOP

✓ C/X

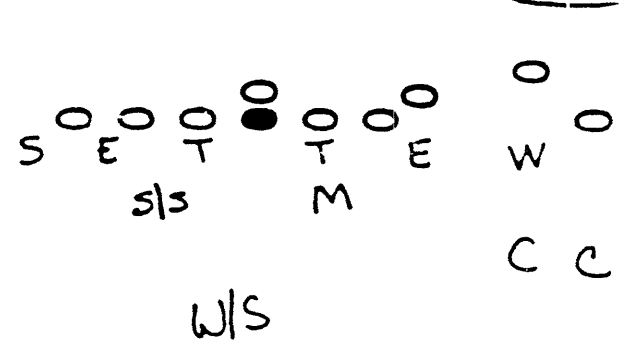


FRONT: (10)
 COVERAGE: 7

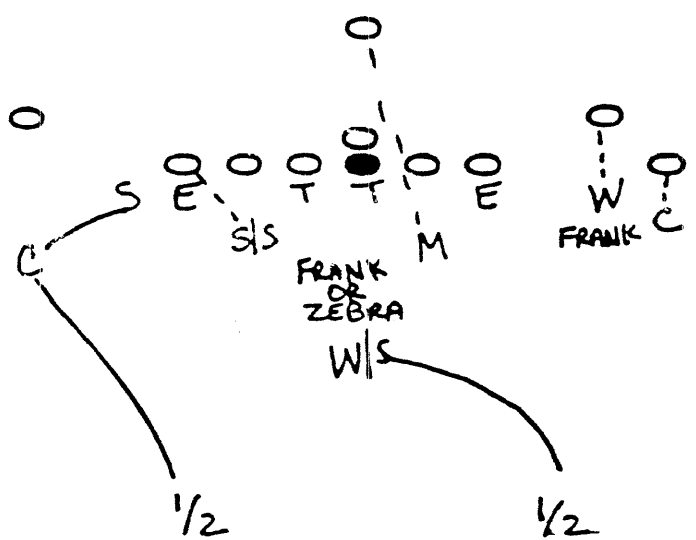
BROWN-UP OR JAYHAWK **PLAY IT**



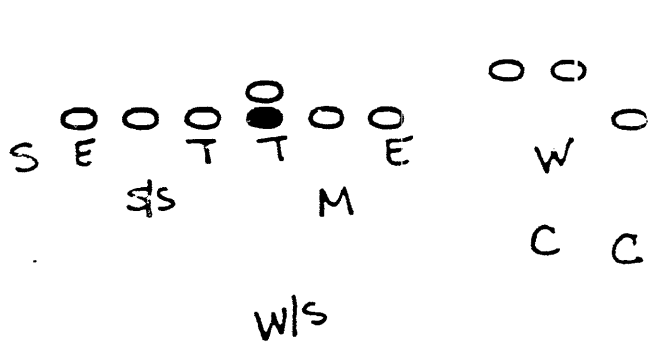
BROWN-UP FLOP OR JAYHAWK FLOP **(√ C/X)**



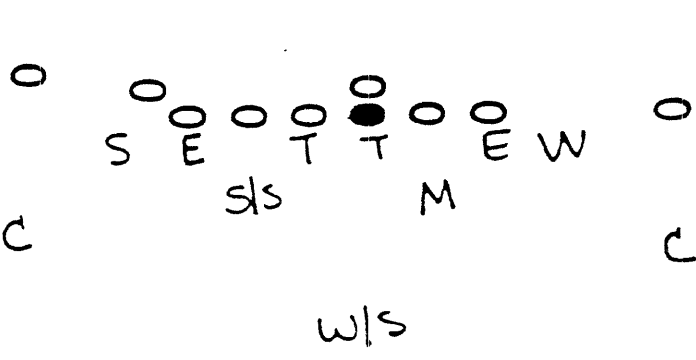
WHITE **PLAY IT**



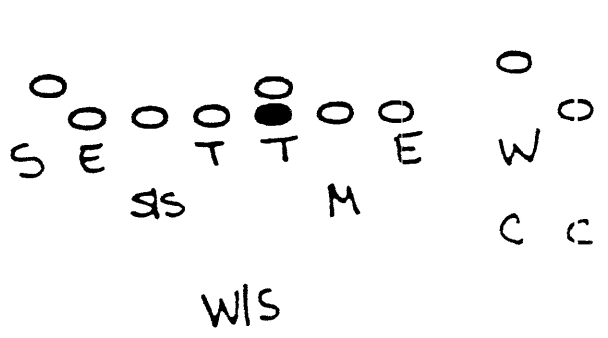
WHITE FLOP **(√ C/X)**



TWIN **(√ 3/4 OR C/1)**



TWIN FLOP **(√ C/X)**

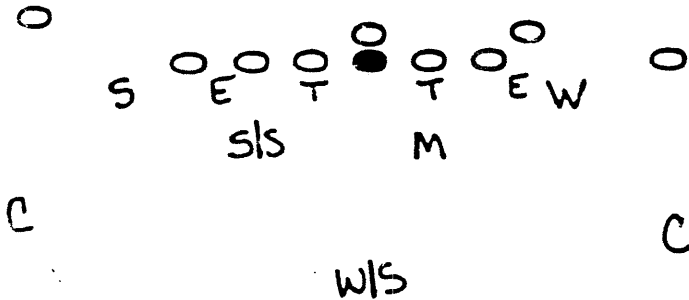


FRONT: (10)

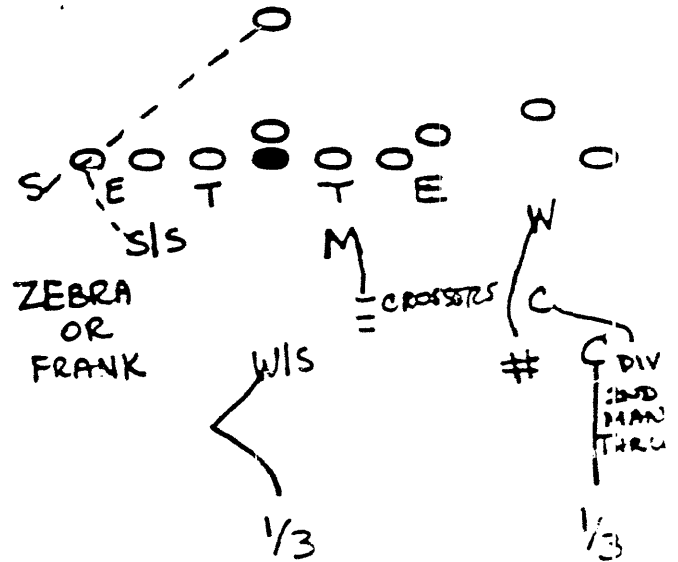
COVERAGE: 3 2

BROWN-UP OR JAYHAWK

(√ 2 4)

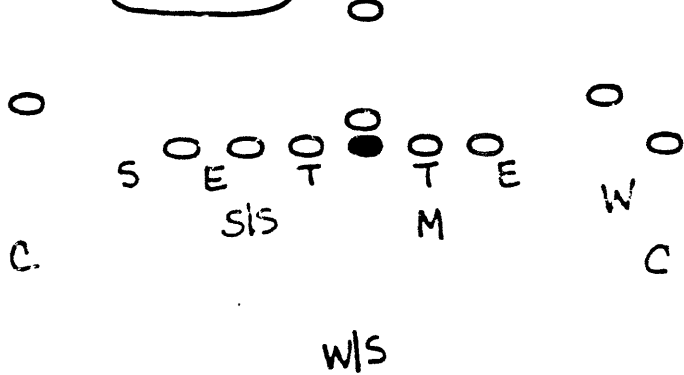


BROWN-UP FLOP OR JAYHAWK FLOP PLAY IT

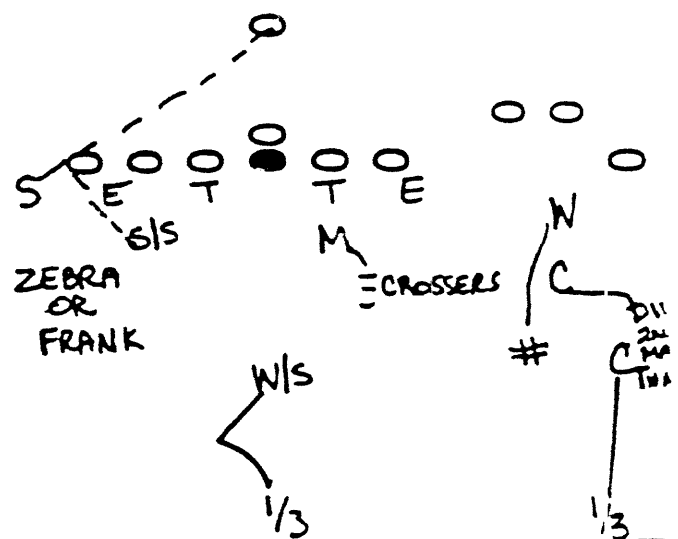


WHITE

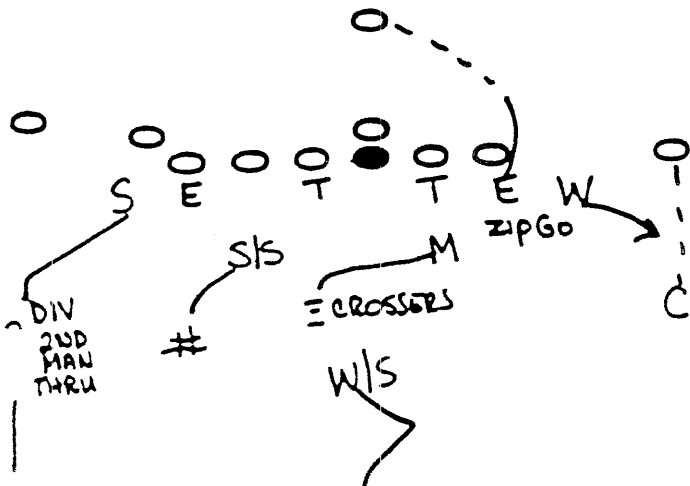
(√ 2 4)



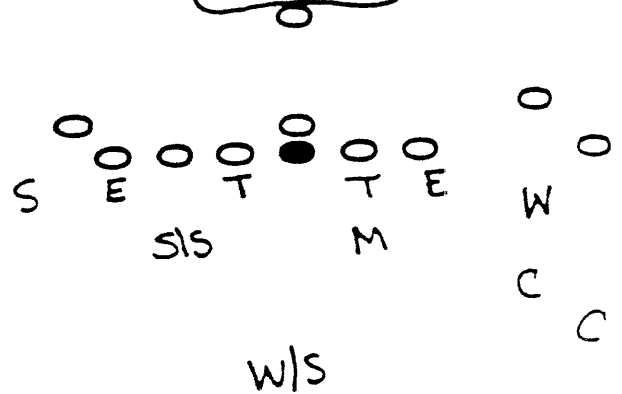
WHITE FLOP PLAY IT



TWIN PLAY IT



TWIN FLOP (√ 2 4)

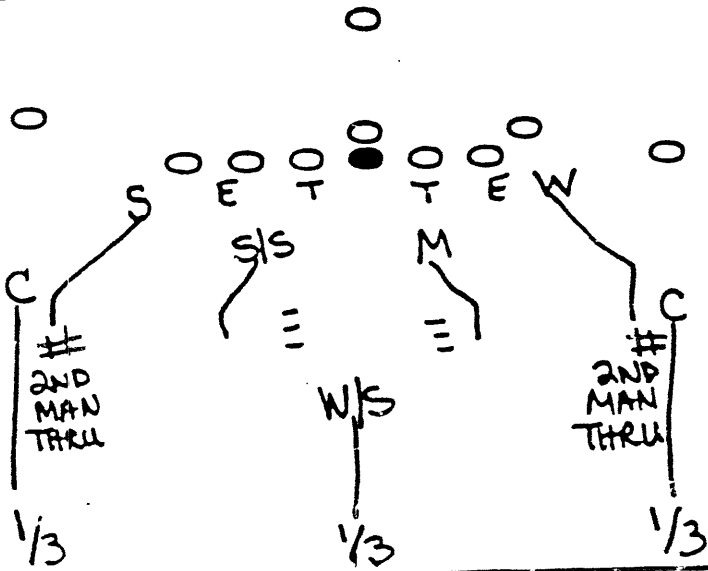


FRONT: (10)

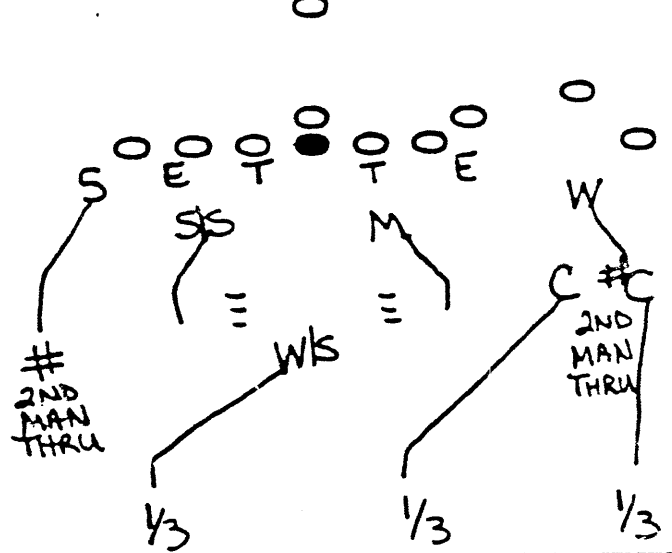
COVERAGE: 2 Z

BROWN-UP OR JAYHAWK

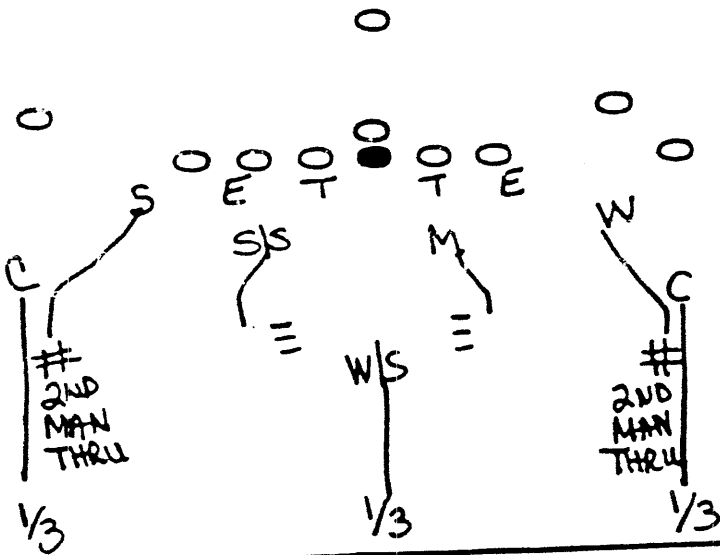
PLAY IT



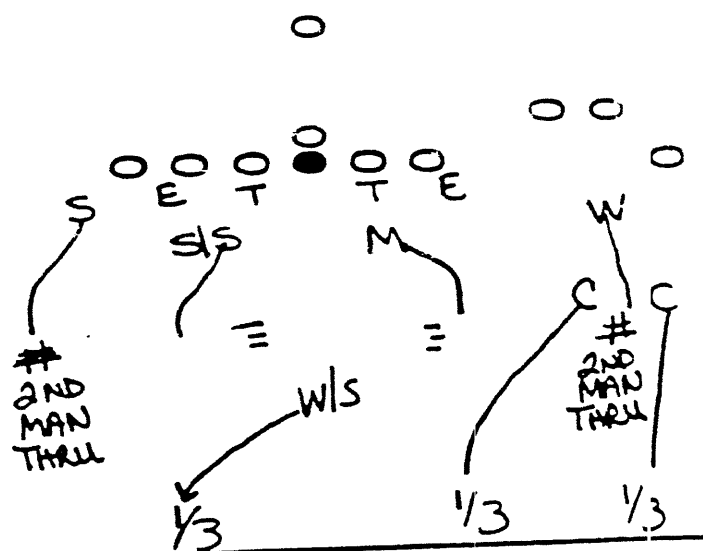
BROWN-UP FLOP OR JAYHAWK FLOP COULD $\sqrt{3}$



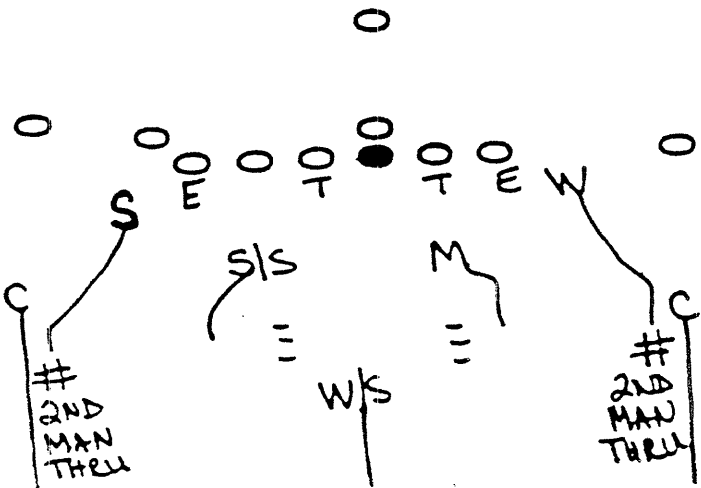
WHITE PLAY IT



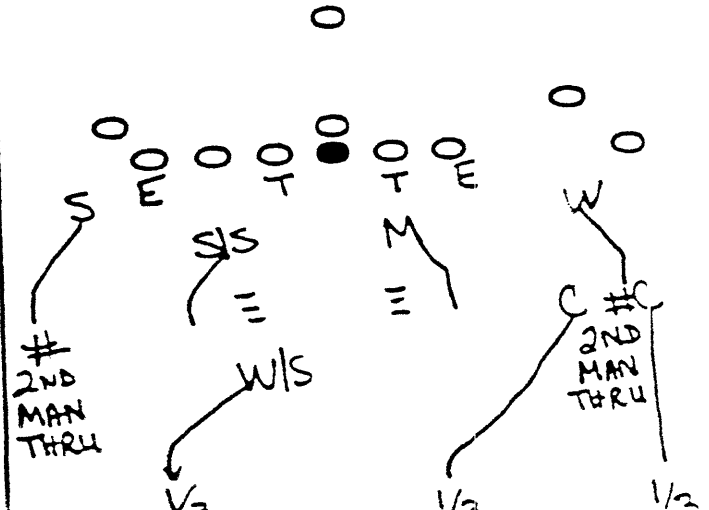
WHITE FLOP COULD $\sqrt{3}$



TWIN COULD $\sqrt{3}$



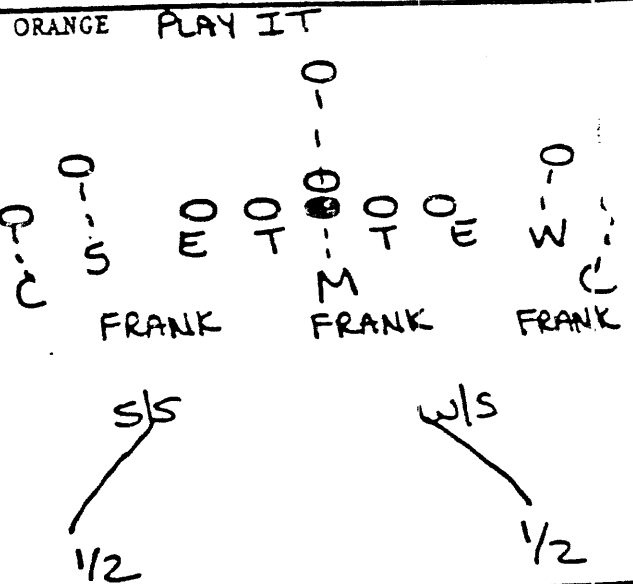
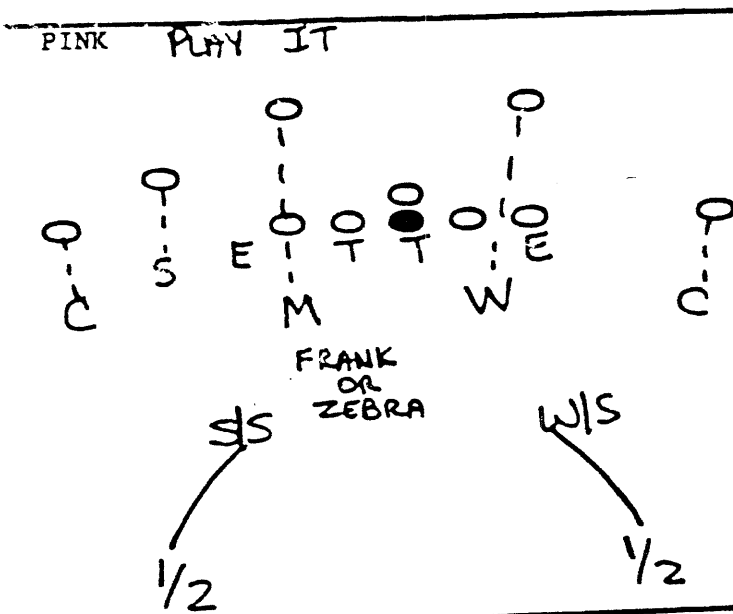
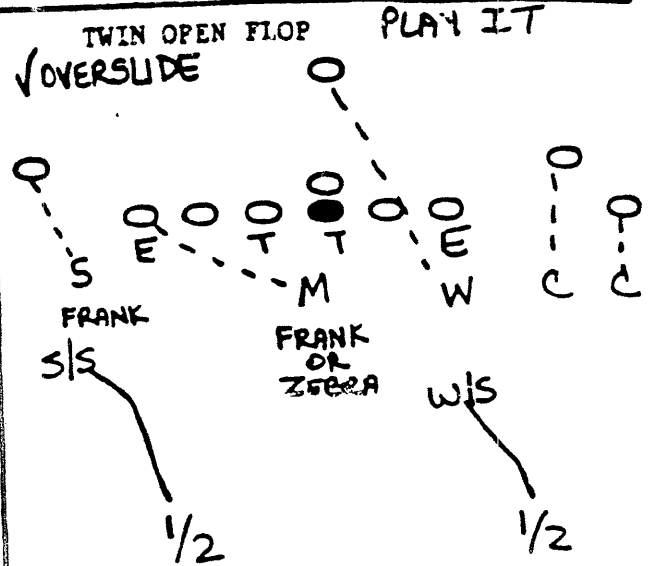
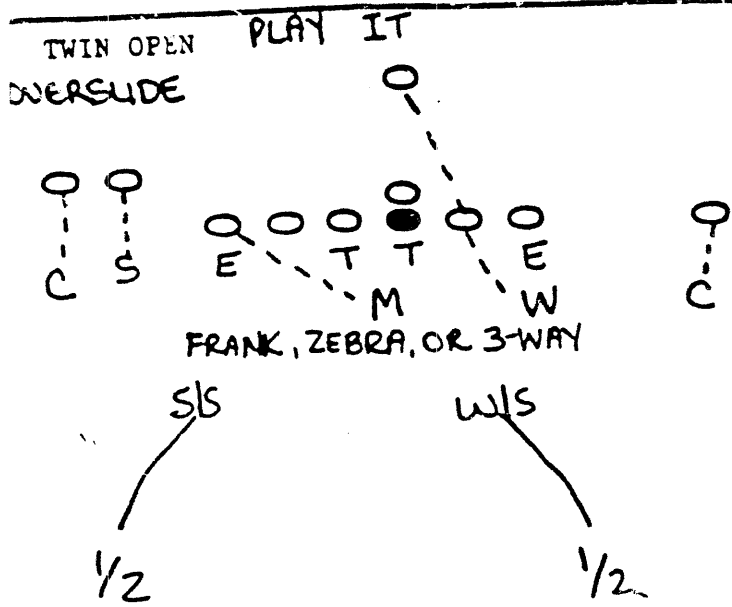
TWIN FLOP PLAY IT



FRONT: REGULAR (7-MAN FRONTS)

COVERAGE: _____

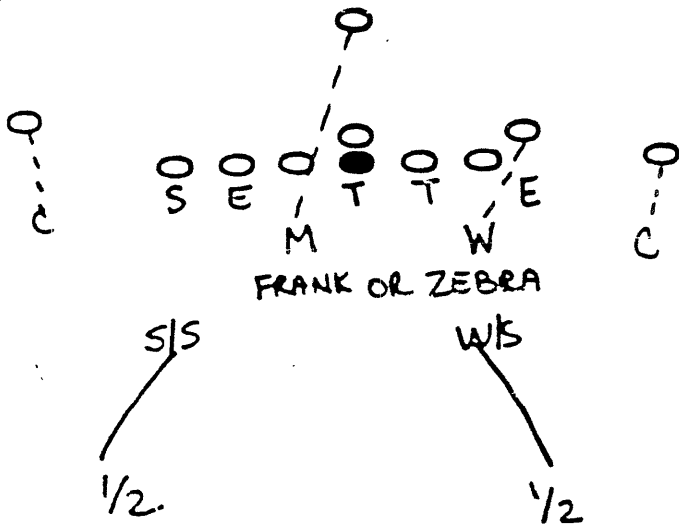
7



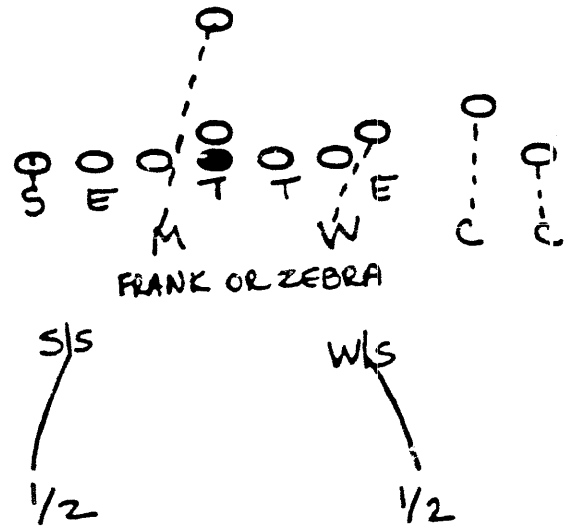
FRONT: REGULAR (7-MAN FRONTS)

COVERAGE: 7

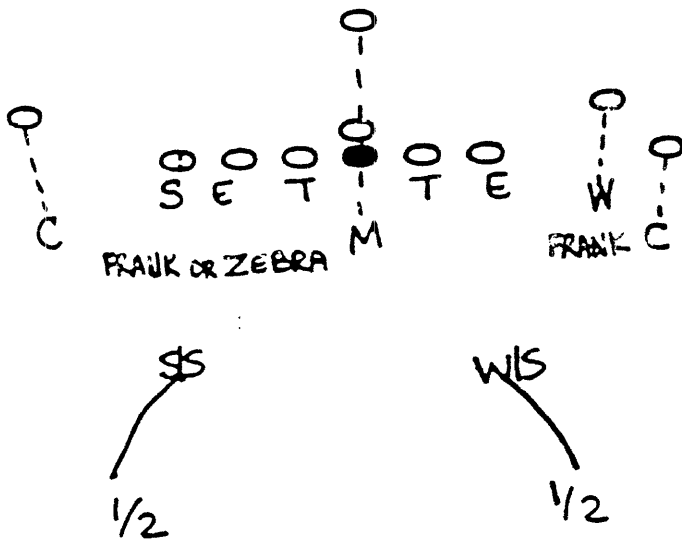
BROWN-UP OR JAYHAWK **PLAY IT**



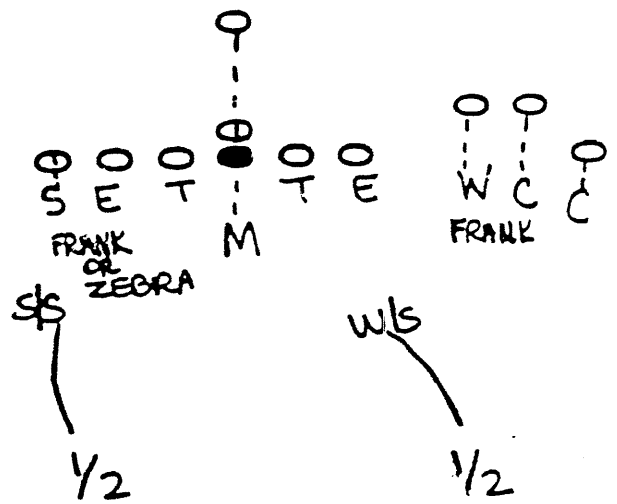
BROWN-UP FLOP OR JAYHAWK FLOP **PLAY IT**



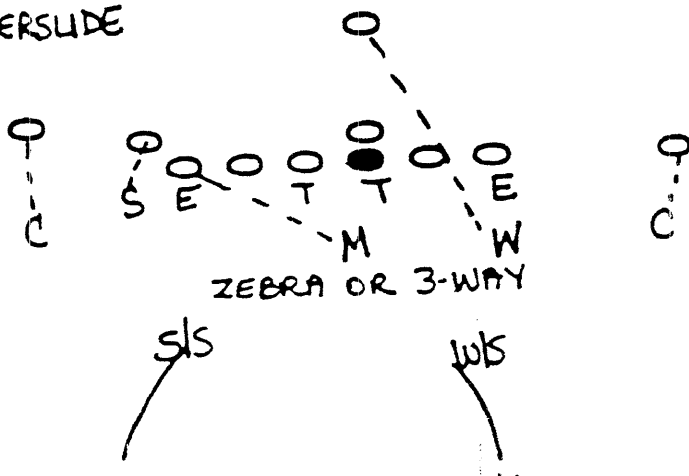
WHITE **PLAY IT**



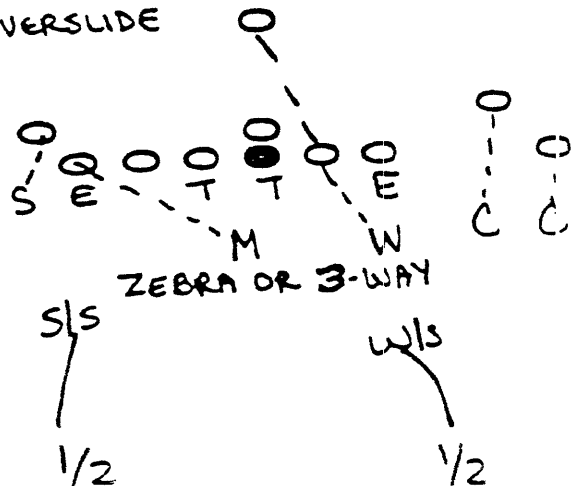
WHITE FLOP **PLAY IT**



TWIN **PLAY IT**
✓ OVERSLIDE

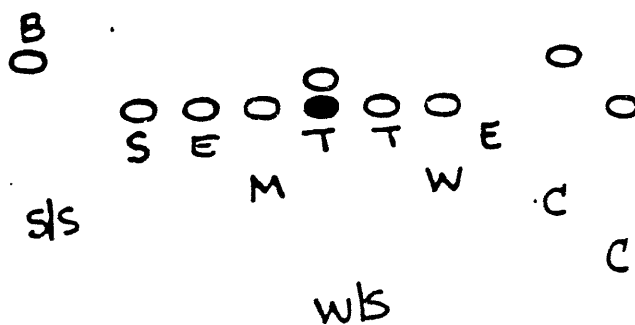


TWIN FLOP **PLAY IT**
✓ OVERSLIDE

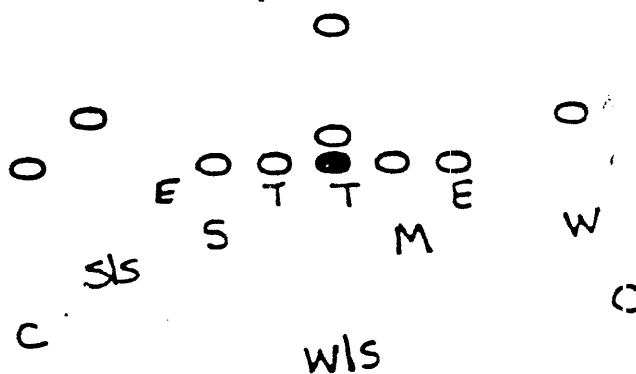


COVERAGE: 3 2

TWIN OPEN FLOP (✓) 2*



ORANGE ✓ 27

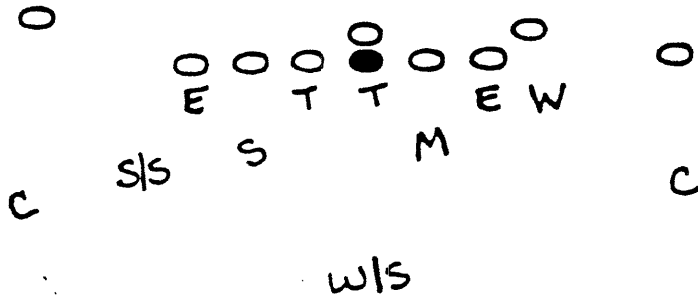


FRONT: REGULAR (7-MAN FRONTS)

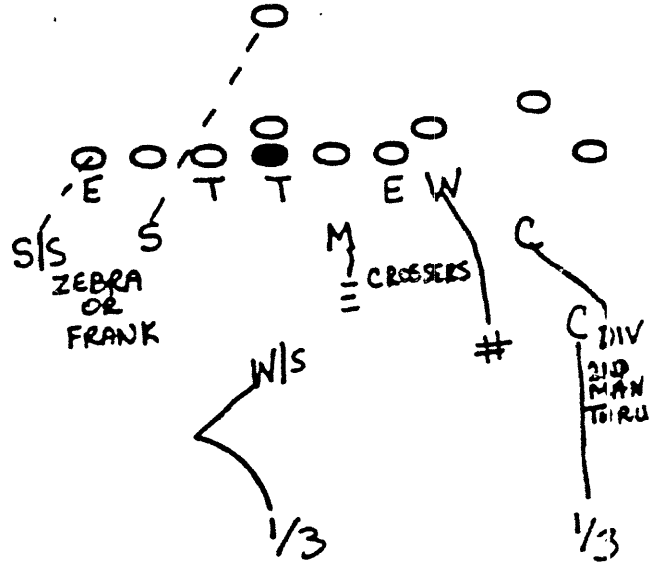
COVERAGE: 3 2

BROWN-UP OR JAYHAWK

✓ 27

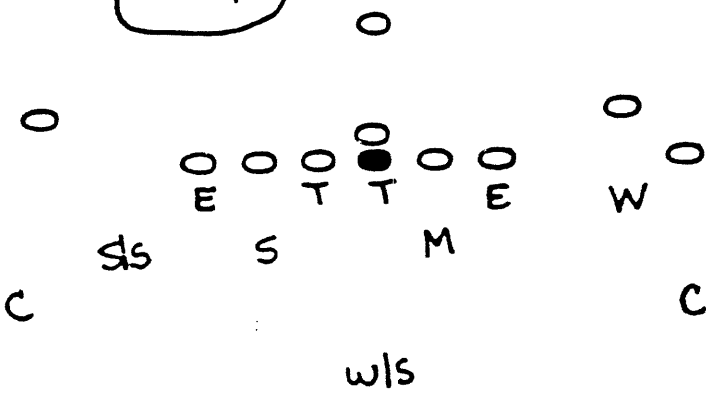


BROWN-UP FLOP OR JAYHAWK FLOP PLAY IT

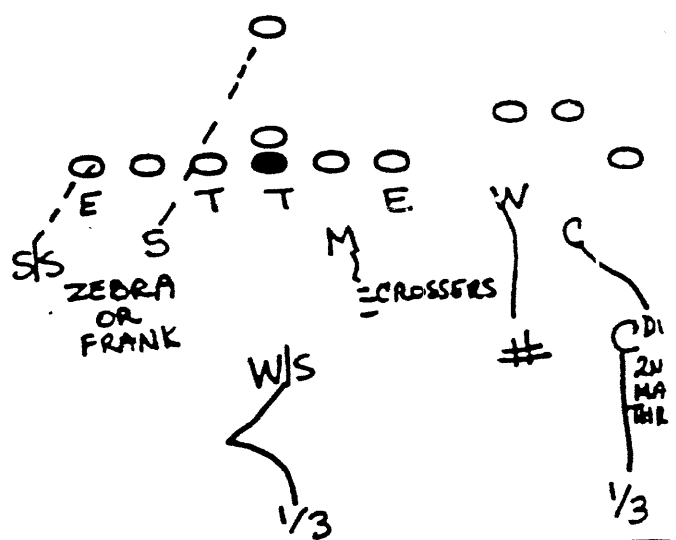


WHITE

✓ 27

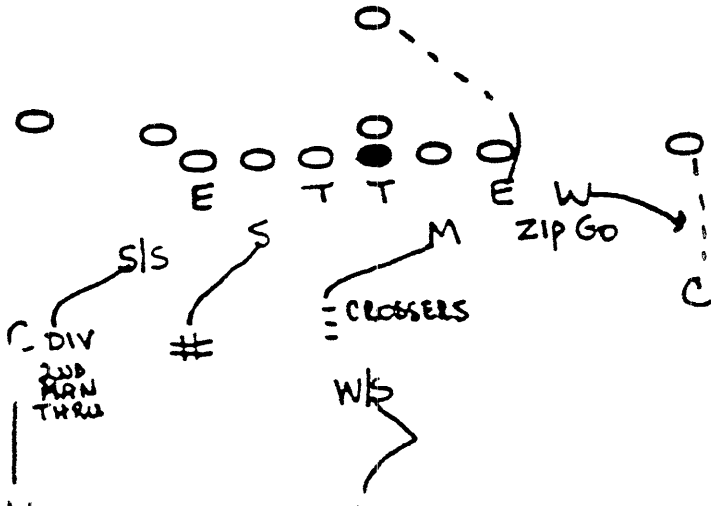


WHITE FLOP PLAY IT

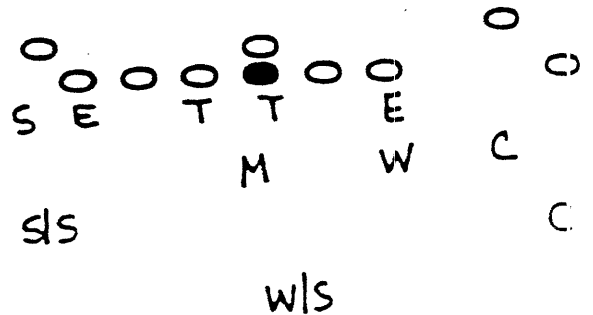


TWIN

PLAY IT

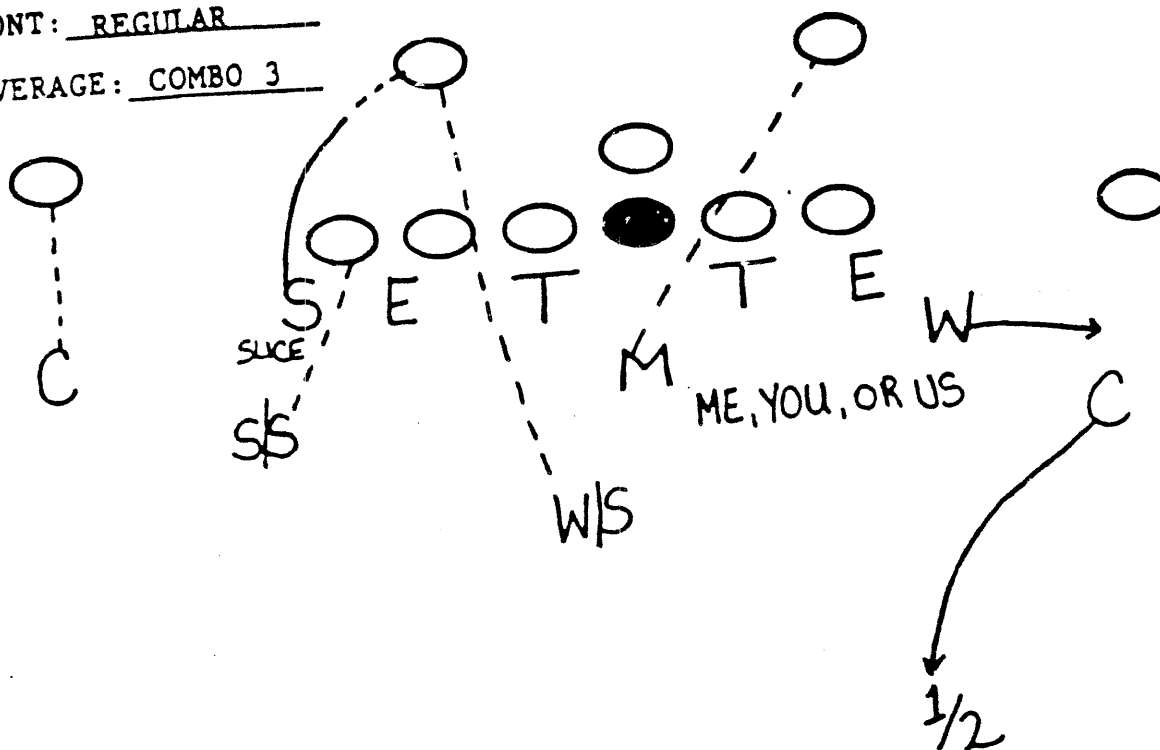


TWIN FLOP
✓ 27
OVERSLIDE



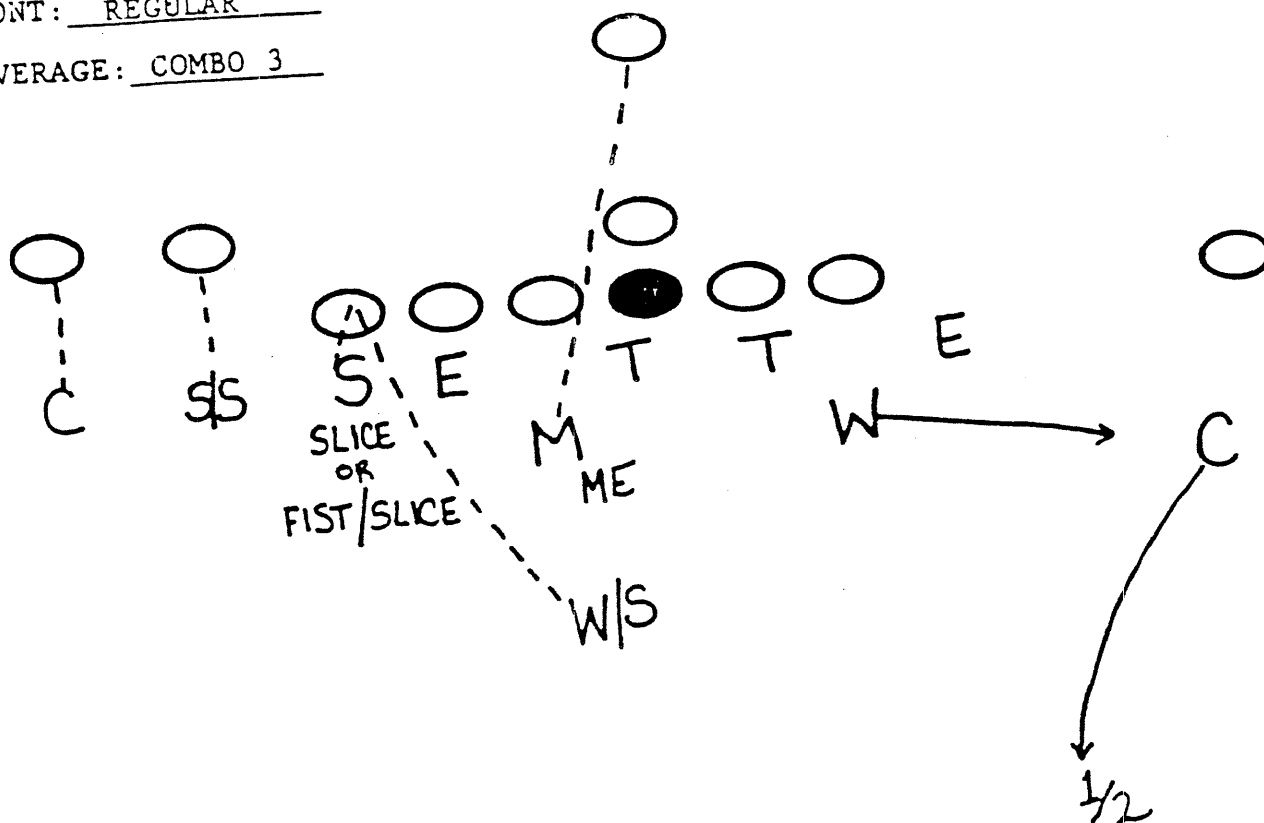
FRONT: REGULAR

COVERAGE: COMBO 3



FRONT: REGULAR

COVERAGE: COMBO 3



FRONT: REGULAR (7-MAN FRONTS)

COVERAGE: COMBO 3

COVERAGE DESCRIPTION:

COMBO 3 IS A 5 UNDER MAN-TO-MAN, 2 DEEP ZONE WITH THE WEAK SAFETY WORKING STRONG IN DOUBLE COVERAGE ON THE #3 RECEIVER.

WHEN COVERAGE IS USED:

REGULAR (7-MAN FRONTS) COMBO 3 IS USED TO TAKE THE #3 RECEIVER OUT OF THE PASSING GAME WITH DOUBLE COVERAGE.

KEY COACHING POINTS:

1. UNDERNEATH COVERAGE MUST GET HANDS ON THE RECEIVERS AND MAINTAIN AN INSIDE TRAIL TECHNIQUE.
2. PLAY THE MAN. DO NOT LOOK BACK IN COVERAGE UNTIL YOU HEAR A "BALL" CALL FROM THE 1/2'S PLAYER INDICATING THAT THE BALL IS IN FLIGHT.
3. IF THE PLAYER BREAKS AWAY FROM YOU AND GETS SEPARATION, TAKE AN ANGLE TO HIS UPFIELD SHOULDER TO SECURE THE TACKLE.
4. COMMUNICATE AND ALERT ZEBRA'S ANYTIME THERE IS THE POSSIBILITY OF AN EXCHANGE.
5. THE WEAK SIDE UNDERNEATH COVER GUYS MUST COMMUNICATE THEIR CALLS (ME, YOU, US, OR SWIPE).
6. 1/2'S DROPPERS GET A 2 TO 1 READ. IF #2 CAN BE ERASED, YOU CAN SQUEEZE #1.
7. UNDERNEATH COVERAGE MUST BE PREPARED TO CARRY ALL VERTICAL RELEASES, MAINTAINING AN INSIDE TRAIL TECHNIQUE.
8. THE TECHNIQUE (SLICE OR FIST/Slice) MUST BE COMMUNICATED.

CALLS THAT MUST BE VERBALLY COMMUNICATED WITHIN THE FRONT AND COVERAGE:

FRANK OR ZEBRA - MAN-TO-MAN COVERAGE CALLS USED TO ENABLE US TO EXECUTE THE COVERAGE ON THE STRONG SIDE.

ME, YOU, US, OR SWIPE - MAN-TO-MAN COVERAGE CALLS USED TO ENABLE US TO EXECUTE THE COVERAGE ON THE WEAK SIDE.

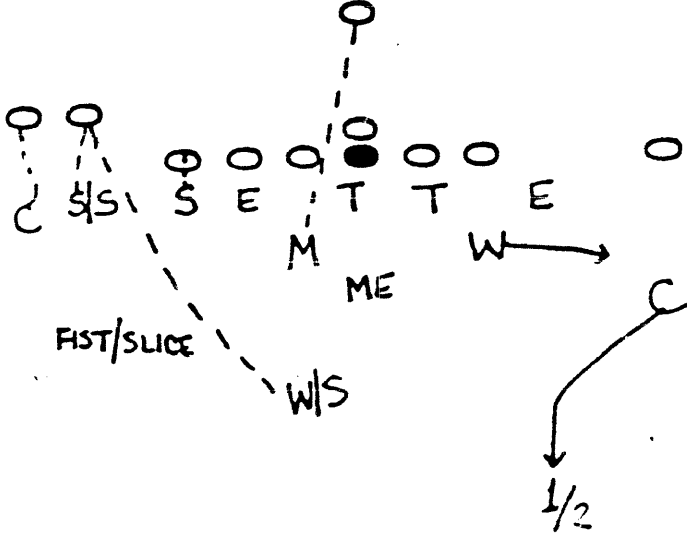
2ND BACK - A CALL MADE BY THE SAM TO THE WEAK END TO HAVE THE WEAK END TAKE THE 2ND BACK IN COVERAGE IF HE SWINGS WEAK.

FIST, SLICE, FIST SLICE, OR THUMBS - COVERAGE TECHNIQUES USED BY THE LINEBACKERS AND SECONDARY TO EXECUTE COVERAGE.

FRONT: REGULAR (7-MAN FRONTS)

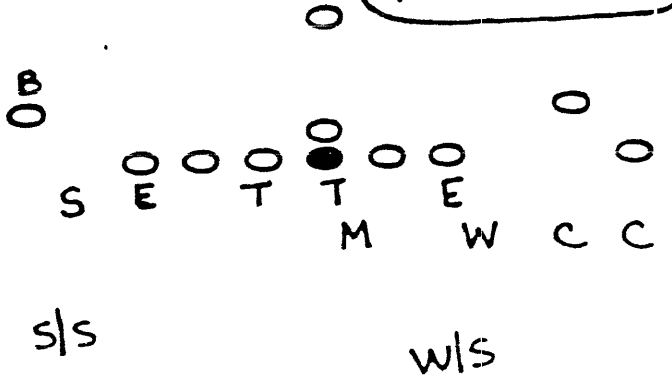
COVERAGE: COMBO 2

TWIN OPEN PLAY IT



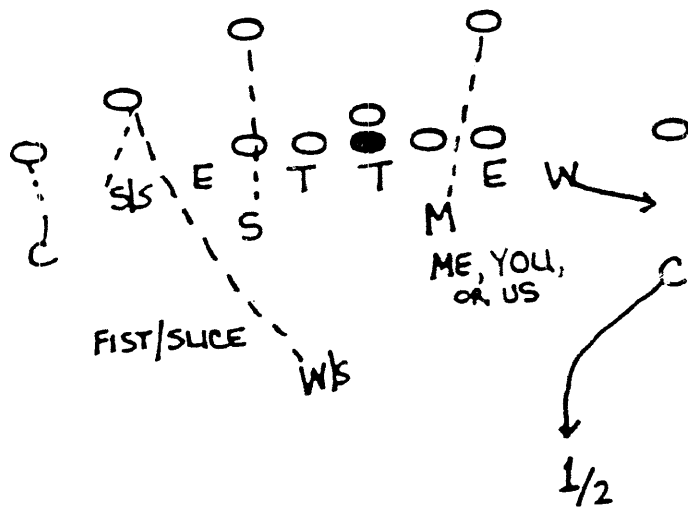
TWIN OPEN FLOP

✓ OVERSLIDE 7

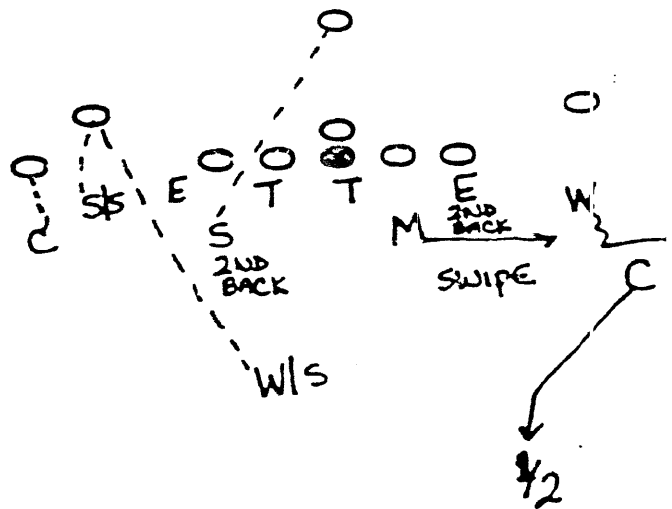


* BY GAME PLAN, WE COULD PLAY REGULAR COMBO X VS. TWIN OPEN FLOP. CHECK BELOW FOR DIAGRAM.

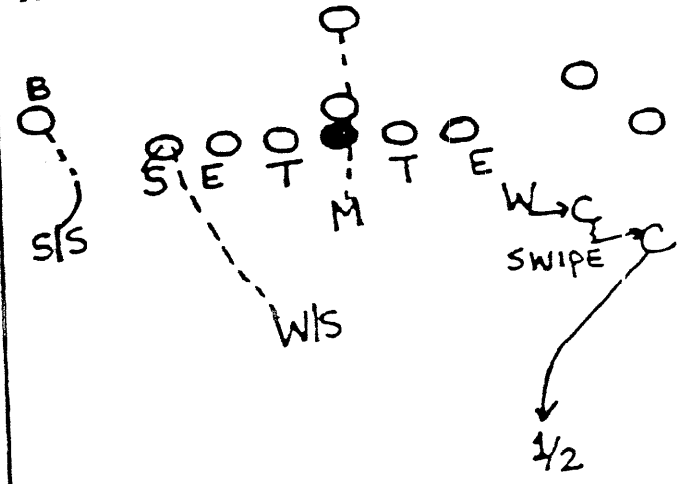
PINK PLAY IT



ORANGE PLAY IT



REGULAR COMBO X VS. TWIN OPEN FLU



FRONT: REGULAR (7-MAN FRONTS)

COVERAGE: COMBO 2

COVERAGE DESCRIPTION:

COMBO 2 IS A 5 UNDER MAN-TO-MAN, 2 DEEP ZONE WITH THE WEAK SAFETY WORKING STRONG IN DOUBLE COVERAGE ON THE #2 RECEIVER.

WHEN COVERAGE IS USED:

REGULAR (7-MAN FRONTS) COMBO 2 IS USED TO TAKE THE #2 RECEIVER OUT OF THE PASSING GAME WITH DOUBLE COVERAGE.

KEY COACHING POINTS:

1. UNDERNEATH COVERAGE MUST GET HANDS ON THE RECEIVERS AND MAINTAIN AN INSIDE TRAIL TECHNIQUE.
2. PLAY THE MAN. DO NOT LOOK BACK IN COVERAGE UNTIL YOU HEAR A "BALL" CALL FROM THE 1/2'S PLAYER INDICATING THAT THE BALL IS IN FLIGHT.
3. IF THE PLAYER BREAKS AWAY FROM YOU AND GETS SEPARATION, TAKE AN ANGLE TO HIS UPFIELD SHOULDER TO SECURE THE TACKLE.
4. COMMUNICATE AND ALERT ZEBRA'S ANYTIME THERE IS THE POSSIBILITY OF AN EXCHANGE.
5. THE WEAK SIDE UNDERNEATH COVER GUYS MUST COMMUNICATE THEIR CALLS (ME, YOU, US, OR SWIPE).
6. 1/2'S DROPPERS GET A 2 TO 1 READ. IF #2 CAN BE ERASED, YOU CAN SQUEEZE #1.
7. UNDERNEATH COVERAGE MUST BE PREPARED TO CARRY ALL VERTICAL RELEASES, MAINTAINING AN INSIDE TRAIL TECHNIQUE.
8. THE TECHNIQUE (SLICE OR FIST/Slice) MUST BE COMMUNICATED.

CALLS THAT MUST BE VERBALLY COMMUNICATED WITHIN THE FRONT AND COVERAGE:

FRANK OR ZEBRA - MAN-TO-MAN COVERAGE CALLS USED TO ENABLE US TO EXECUTE THE COVERAGE ON THE STRONG SIDE.

ME, YOU, US, OR SWIPE - MAN-TO-MAN COVERAGE CALLS USED TO ENABLE US TO EXECUTE THE COVERAGE ON THE WEAK SIDE.

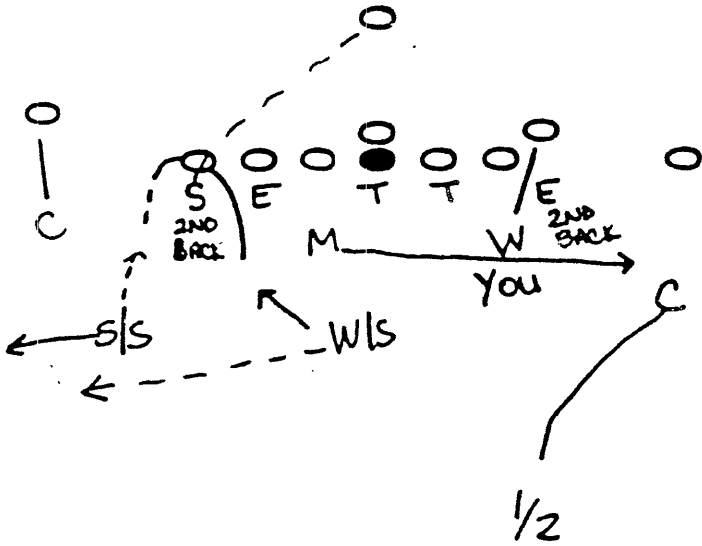
2ND BACK - A CALL MADE BY THE SAM TO THE WEAK END TO HAVE THE WEAK END TAKE THE 2ND BACK IN COVERAGE IF HE SWINGS WEAK.

FIST, SLICE, FIST SLICE, OR THUMBS - COVERAGE TECHNIQUES USED BY THE LINEBACKERS AND SECONDARY TO EXECUTE COVERAGE.

FRONT: REGULAR (7-MAN FRONTS)
 COVERAGE: COMBO 1

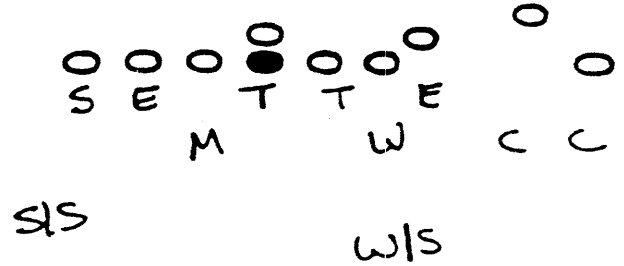
BROWN-UP OR JAYHAWK

PLAY IT

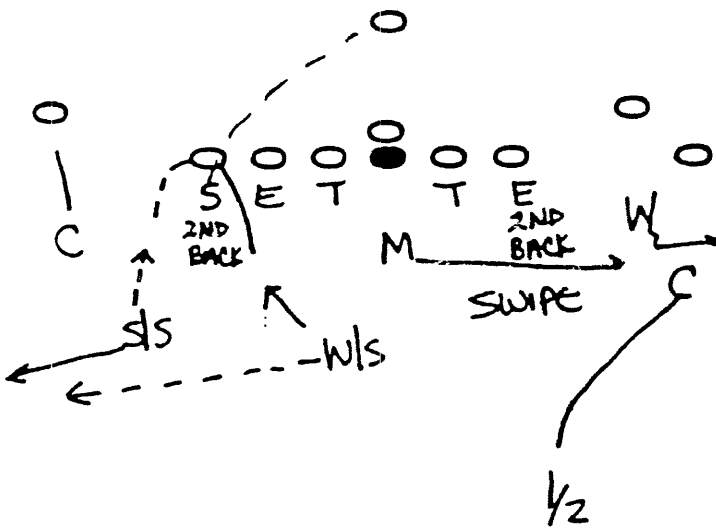


BROWN-UP FLOP OR JAYHAWK FLOP

(√7)

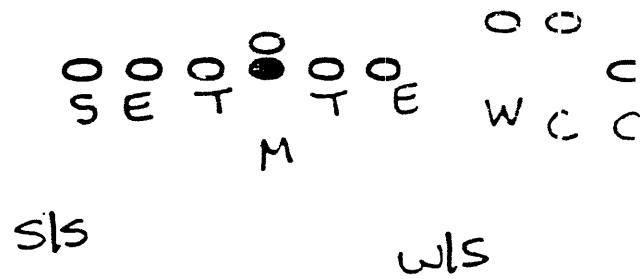


WHITE PLAY IT

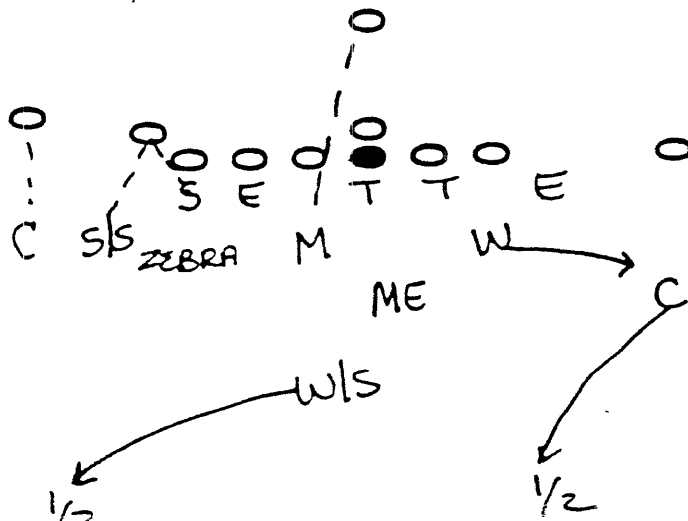


WHITE FLOP

(√7)

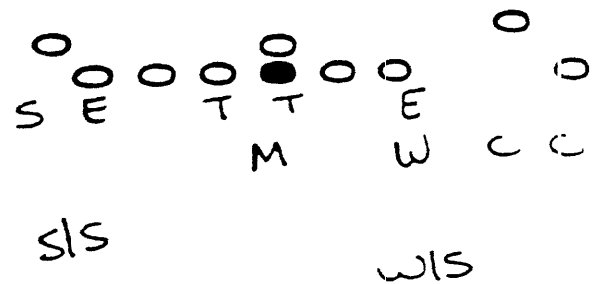


TWIN PLAY IT

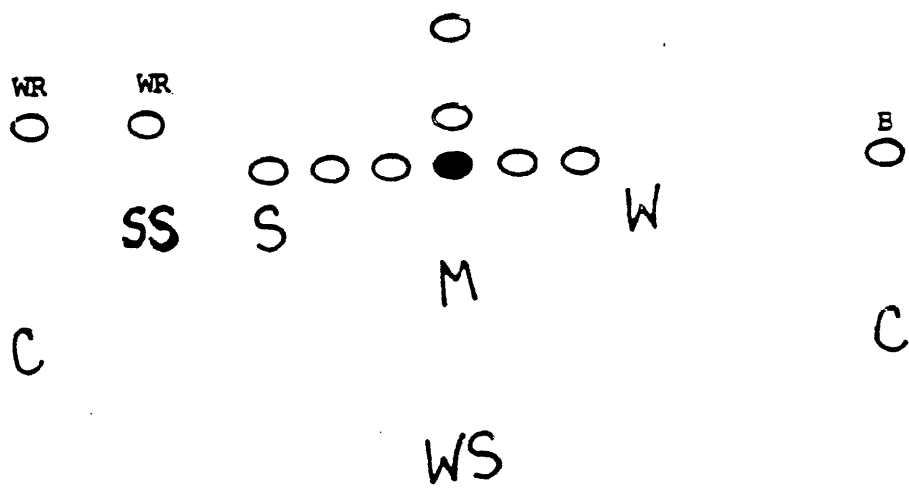


TWIN FLOP
 VOVERSLIDE

(√7)



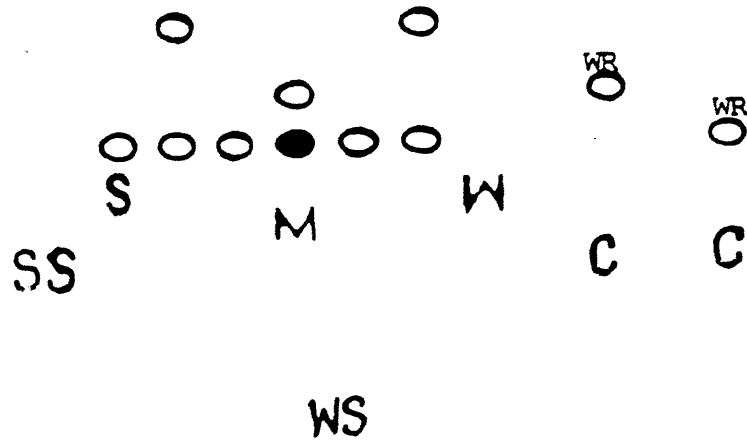
EXCEPTION: ALIGNMENT VS. GREEN FORMATION



GREEN LEFT

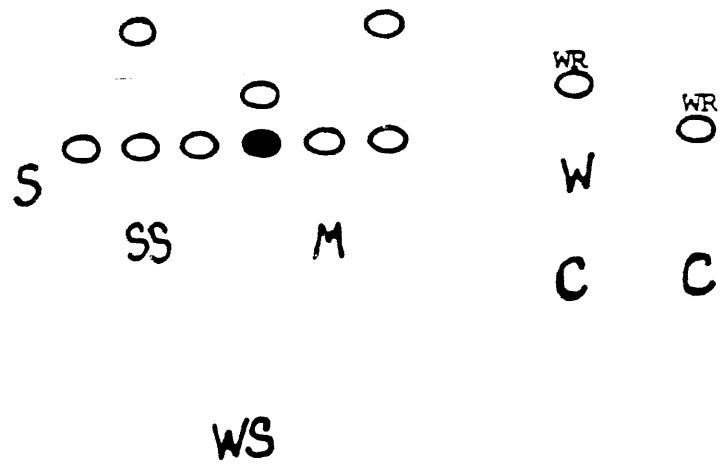
ALIGNMENT VS. FLOP FORMATIONS

REGULAR (7-MAN FRONTS)

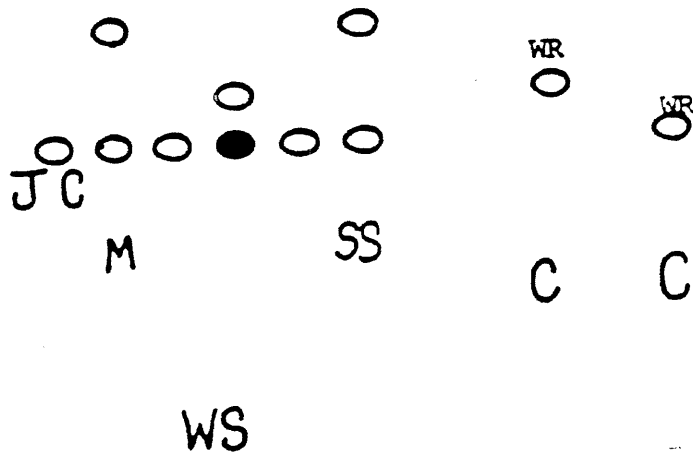


(10) FRONTS

*(4) ADJUSTMENTS ARE THE SAME

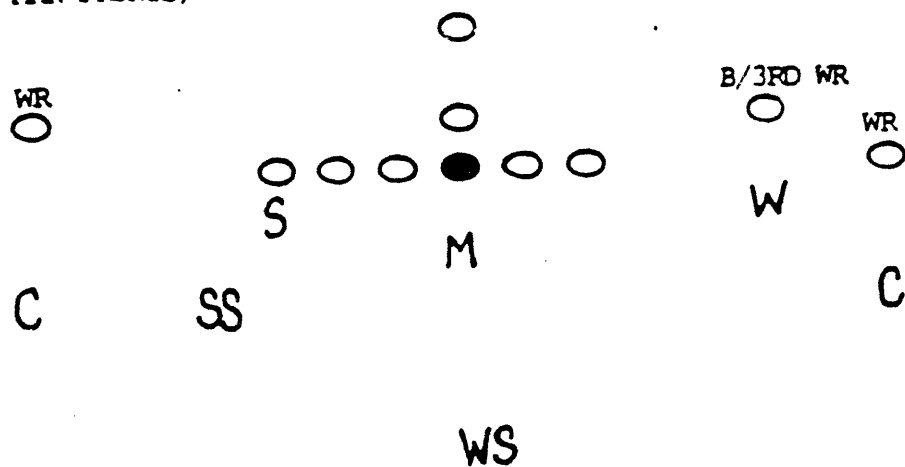


46

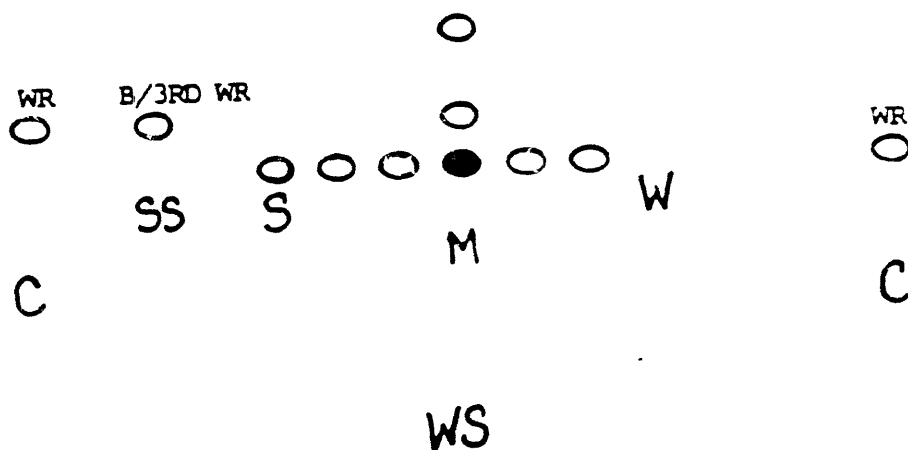


ALIGNMENT VS. 1-BACK FORMATIONS

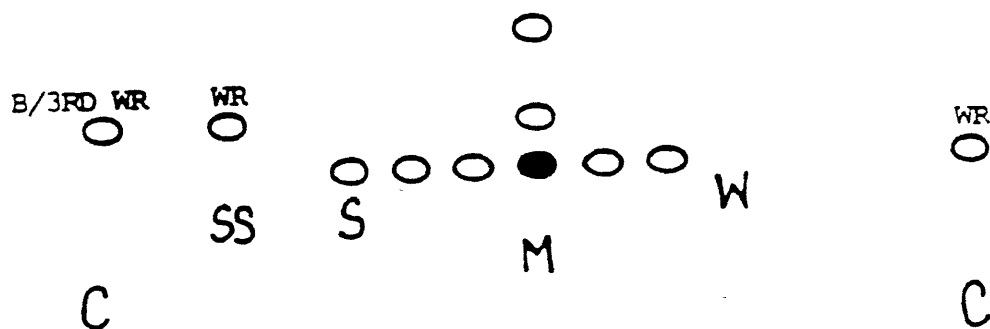
REGULAR (7-MAN FRONTS)



WHITE LEFT



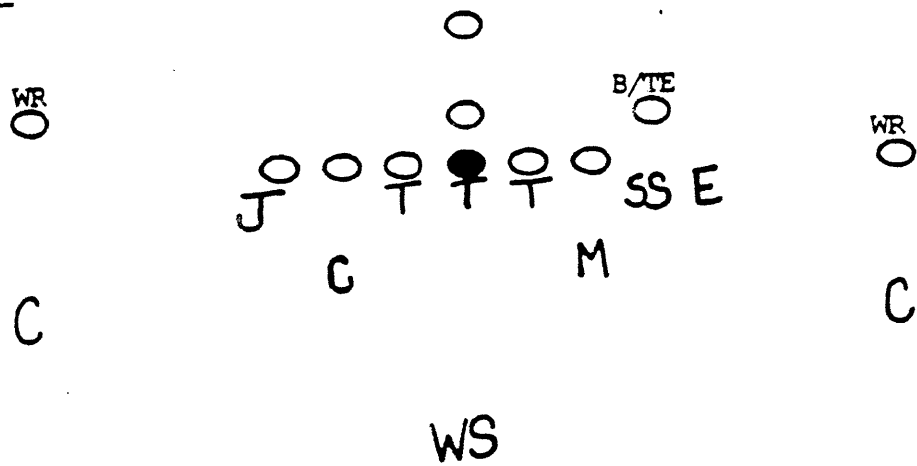
TWIN OPEN LEFT



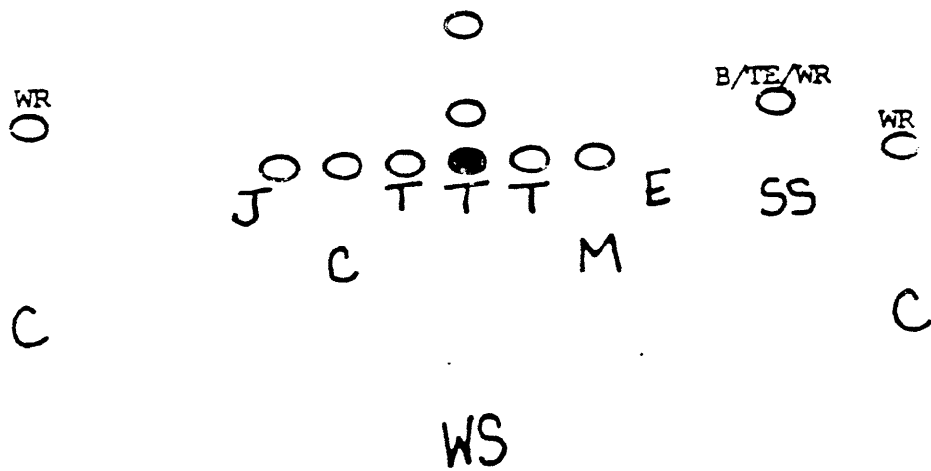
TWIN OPEN LEFT EXCHANGE

ALIGNMENT VS. 1-BACK FORMATIONS

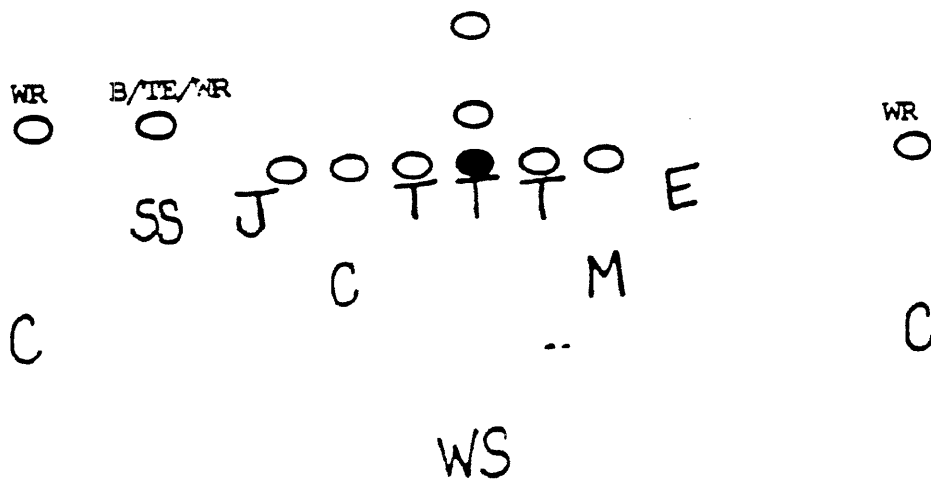
46 JAYHAWK



JAYHAWK LEFT 2 OFF

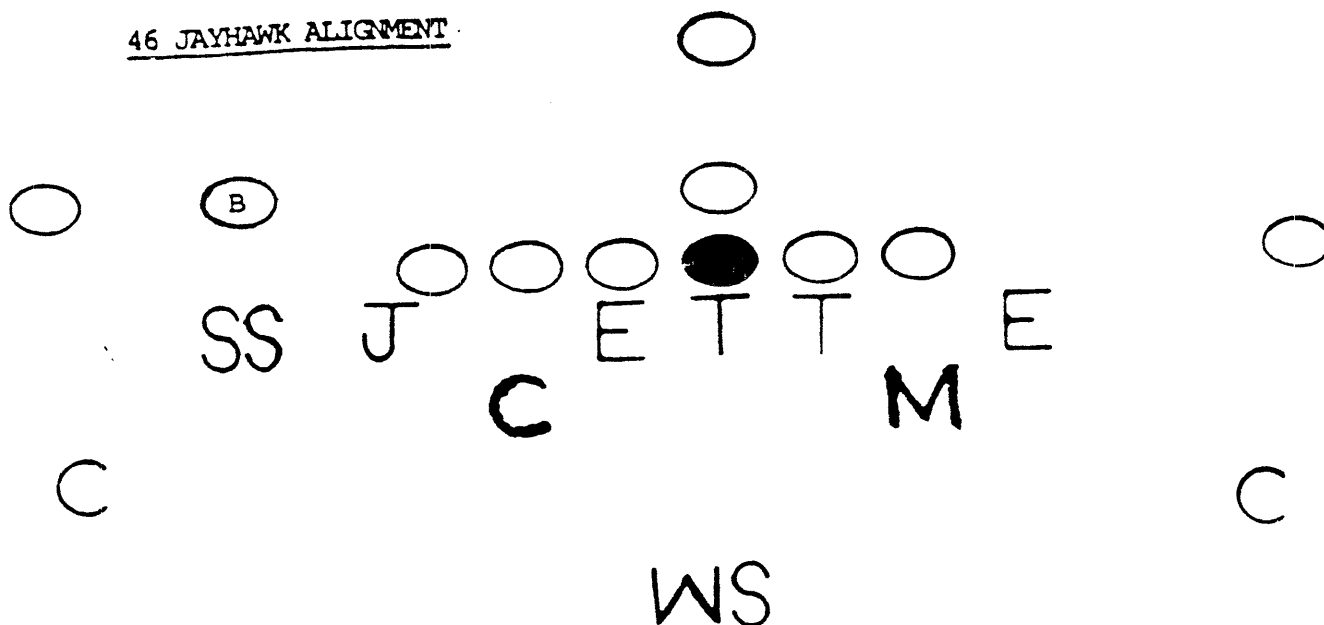


WHITE LEFT



TWIN OPEN LEFT

46 JAYHAWK ALIGNMENT



DEFENSIVE LINEMEN

STRONG END: HEAD UP WITH THE STRONG OFF. GUARD

NOSE TACKLE: HEAD UP WITH THE CENTER

WEAK TACKLE: HEAD UP WITH THE WEAK OFF. GUARD

WEAK END: 1 YARD OUTSIDE THE WEAK OFF. TACKLE

LINEBACKERS

JACK (LEFT LB): INSIDE FOOT ON OUTSIDE FOOT OF TIGHT END, ON THE LINE OF SCRIMPAGE

CHARLEY (RIGHT LB): HEAD UP WITH STRONG OFF. TACKLE, 4 YARDS OFF LINE OF SCRIMPAGE

MIKE (MIDDLE LB): HEAD UP WITH WEAK OFF. TACKLE, 4 YARDS OFF THE LINE OF SCRIMPAGE

SECONDARY

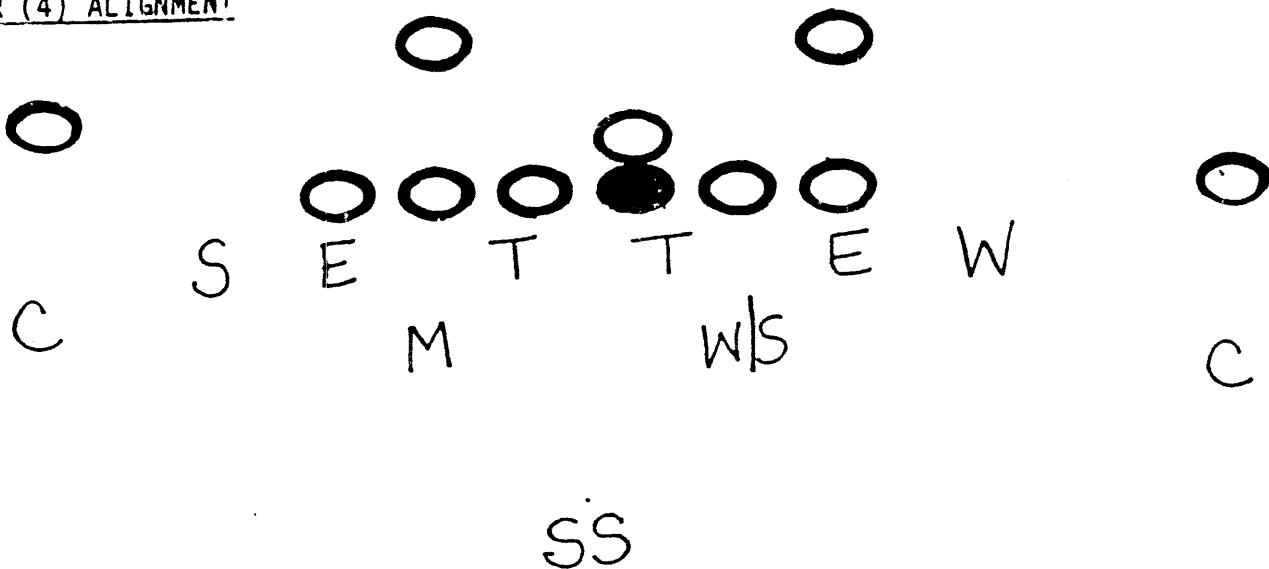
STRONG CORNER: 7-8 YARDS OFF THE LINE OF SCRIMPAGE

STRONG SAFETY: LINE UP ON THE BACK OR 3RD WIDE RECEIVER. DEPTH WILL VARY

WEAK SAFETY: FROM CENTER TO TACKLES, 8-10 YARDS OFF THE LINE OF SCRIMPAGE

WEAK CORNER: 7-8 YARDS OFF THE LINE OF SCRIMPAGE

OVER (4) ALIGNMENT



DEFENSIVE LINEMEN

STRONG END: HEAD UP WITH THE TIGHT END
STRONG TACKLE: OUTSIDE EYE OF THE STRONG OFF. GUARD
WEAK TACKLE: SHADE SLIGHTLY TO THE WEAK SIDE OF THE CENTER
WEAK END: HEAD UP WITH THE WEAK OFF. TACKLE

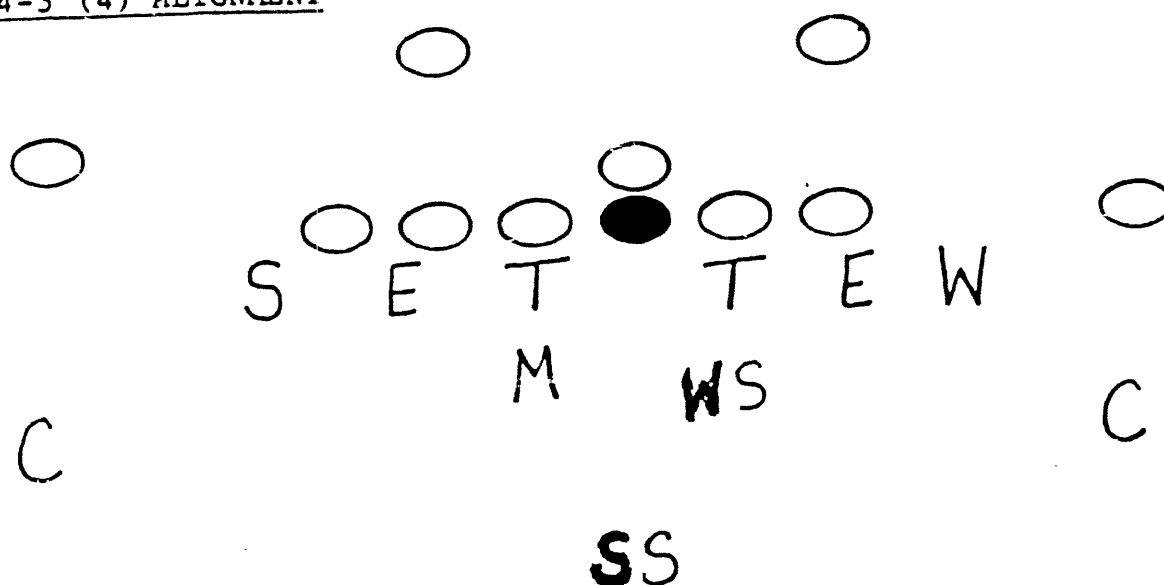
LINEBACKERS:

SAM: 2 YARDS OUTSIDE THE TIGHT END, ON THE LINE OF SCRIMMAGE
MIKE: HEAD UP WITH THE STRONG OFF. TACKLE, 4 YARDS OFF THE LINE OF SCRIMMAGE
WILL: 2 YARDS OUTSIDE THE WEAK OFF. TACKLE, ON THE LINE OF SCRIMMAGE

SECONDARY

STRONG CORNER: 7-8 YARDS OFF THE LINE OF SCRIMMAGE
WEAK SAFETY: HEAD UP WITH THE WEAK OFF. GUARD, 4 YARDS OFF THE LINE OF SCRIMMAGE
STRONG SAFETY: FROM CENTER TO WEAK TACKLE, 8-10 YARDS OFF THE LINE OF SCRIMMAGE
WEAK CORNER: 7-8 YARDS OFF THE LINE OF SCRIMMAGE

4-3 (4) ALIGNMENT



DEFENSIVE LINEMEN

STRONG END: 6" OUTSIDE THE STRONG OFF. TACKLE
STRONG TACKLE: HEAD UP WITH THE STRONG OFF. GUARD
WEAK TACKLE: HEAD UP WITH THE WEAK OFF. GUARD
WEAK END: OUTSIDE EYE OF THE WEAK OFF. TACKLE

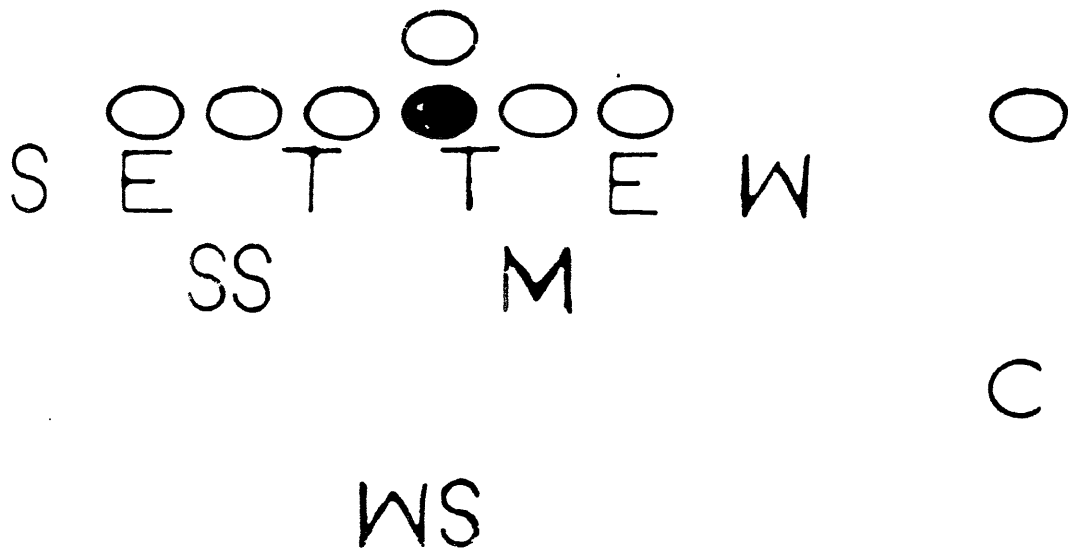
LINEBACKERS

SAM: 1 YARD OUTSIDE THE TIGHT END, ON THE LOS
MIKE: STACKED BEHIND THE STRONG DEF. TACKLE, 4 YDS. OFF THE LOS
WILL: 2 YARDS OUTSIDE THE WEAK OFF TACKLE, ON THE LOS

SECONDARY

STRONG CORNER: 7-8 YDS. OFF THE LOS
WEAK SAFETY: STACKED BEHIND THE WEAK DEF. TACKLE, 4 YDS. OFF LOS
STRONG SAFETY: FROM CENTER TO WEAK TACKLE, 8-10 YDS. OFF LOS
WEAK CORNER: 7-8 YDS. OFF THE LOS

OVER (10) ALIGNMENT



DEFENSIVE LINEMEN

STRONG END: HEAD UP WITH THE TIGHT END

STRONG TACKLE: OUTSIDE EYE OF THE STRONG OFF. GUARD

WEAK TACKLE: SHADE SLIGHTLY TO THE WEAK SIDE OF THE CENTER

WEAK END: HEAD UP WITH THE WEAK OFF. TACKLE

LINEBACKERS

SAM: 2 YARDS OUTSIDE THE TIGHT END, ON THE LINE OF SCRIMPAGE

MIKE: HEAD UP WITH THE WEAK OFF. GUARD, 4 YARDS OFF THE LINE OF SCRIMPAGE

WILL: 2 YARDS OUTSIDE THE WEAK OFF. TACKLE, ON THE LINE OF SCRIMPAGE

SECONDARY

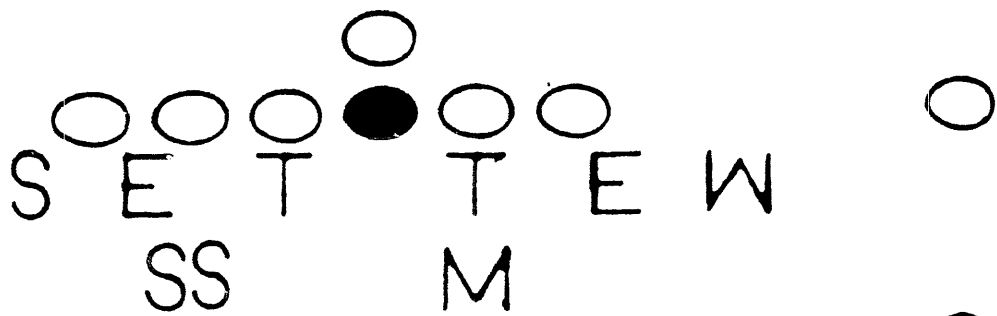
STRONG CORNER: 7-8 YARDS OFF THE LINE OF SCRIMPAGE

STRONG SAFETY: HEAD UP WITH THE STRONG OFF. TACKLE, 4 YARDS OFF THE LINE OF SCRIMPAGE

WEAK SAFETY: FROM CENTER TO WEAK TACKLE, 8-10 YARDS OFF THE LINE OF SCRIMPAGE

WEAK CORNER: 7-8 YARDS OFF THE LINE OF SCRIMPAGE

4-3 (10) ALIGNMENT



DEFENSIVE LINEMEN

STRONG END: 6" OUTSIDE STRONG OFF. TACKLE

STRONG TACKLE: HEAD UP WITH THE STRONG OFF. GUARD

WEAK TACKLE: HEAD UP WITH THE WEAK OFF. GUARD

WEAK END: OUTSIDE EYE OF WEAK OFF. TACKLE

LINEBACKERS

SAM: 1 YARD OUTSIDE THE TIGHT END, ON THE LINE OF SCRIMPAGE

MIKE: HEAD UP WITH THE WEAK OFF. GUARD, 4 YARDS OFF THE LINE OF SCRIMPAGE

WILL: 2 YARDS OUTSIDE THE WEAK OFF. TACKLE, ON THE LINE OF SCRIMPAGE

SECONDARY

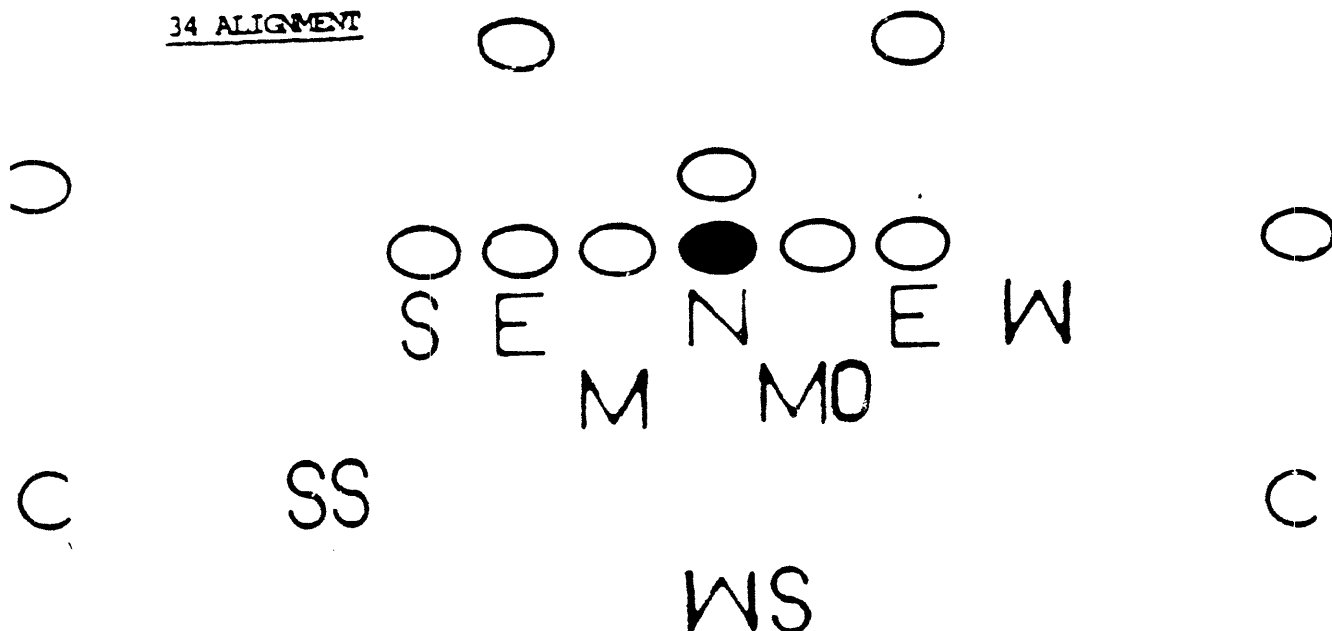
STRONG CORNER: 7-8 YARDS OFF THE LINE OF SCRIMPAGE

STRONG SAFETY: HEAD UP WITH THE STRONG OFF. TACKLE, 4 YARDS OFF THE LINE OF SCRIMPAGE

WEAK SAFETY: FROM CENTER TO WEAK TACKLE, 8-10 YARDS OFF THE LINE OF SCRIMPAGE

WEAK CORNER: 7-8 YARDS OFF THE LINE OF SCRIMPAGE

34 ALIGNMENT



DEFENSIVE LINEMEN

STRONG END (LEFT END): HEAD UP WITH THE STRONG OFF. TACKLE

NOSEGUARD (LEFT TACKLE): HEAD UP WITH THE CENTER

WEAK END (RIGHT TACKLE): HEAD UP WITH THE WEAK OFF. TACKLE

WILL (RIGHT END): 2 YARDS OUTSIDE THE WEAK OFF. TACKLE, ON THE LINE OF SCRIMPAGE

LINEBACKERS

SAM (LEFT LB): HEAD UP WITH THE TIGHT END, ON THE LINE OF SCRIMPAGE

MIKE (MIDDLE LB): HEAD UP WITH THE STRONG OFF. GUARD, 4 YARDS OFF THE LINE OF SCRIMPAGE

MO (RIGHT LB): HEAD UP WITH THE WEAK OFF. GUARD, 4 YARDS OFF THE LINE OF SCRIMPAGE

SECONDARY

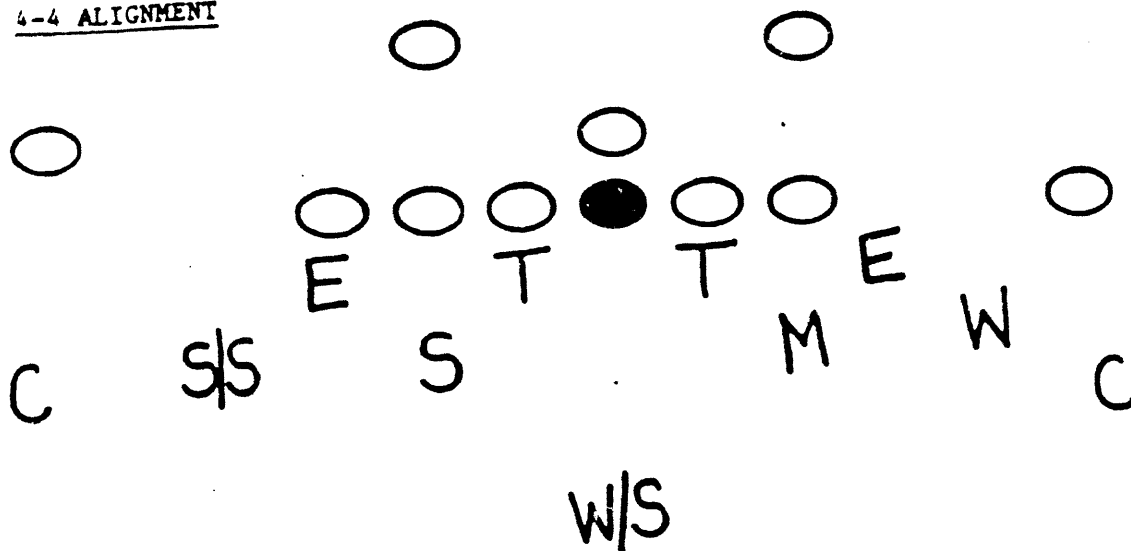
STRONG CORNER: 7-8 YARDS OFF THE LINE OF SCRIMPAGE

STRONG SAFETY: 2 YARDS OUTSIDE THE TIGHT END AND 7 YARDS OFF THE LINE OF SCRIMPAGE

WEAK SAFETY: FROM CENTER TO WEAK TACKLE, 8-10 YARDS OFF THE LINE OF SCRIMPAGE

WEAK CORNER: 7-8 YARDS OFF THE LINE OF SCRIMPAGE

4-4 ALIGNMENT



DEFENSIVE LINEMEN

STRONG END: HEAD UP WITH THE TIGHT END
STRONG TACKLE: HEAD UP WITH THE STRONG OFF. GUARD
WEAK TACKLE: HEAD UP WITH THE WEAK OFF. GUARD
WEAK END: 1 YARD OUTSIDE THE WEAK OFF. TACKLE

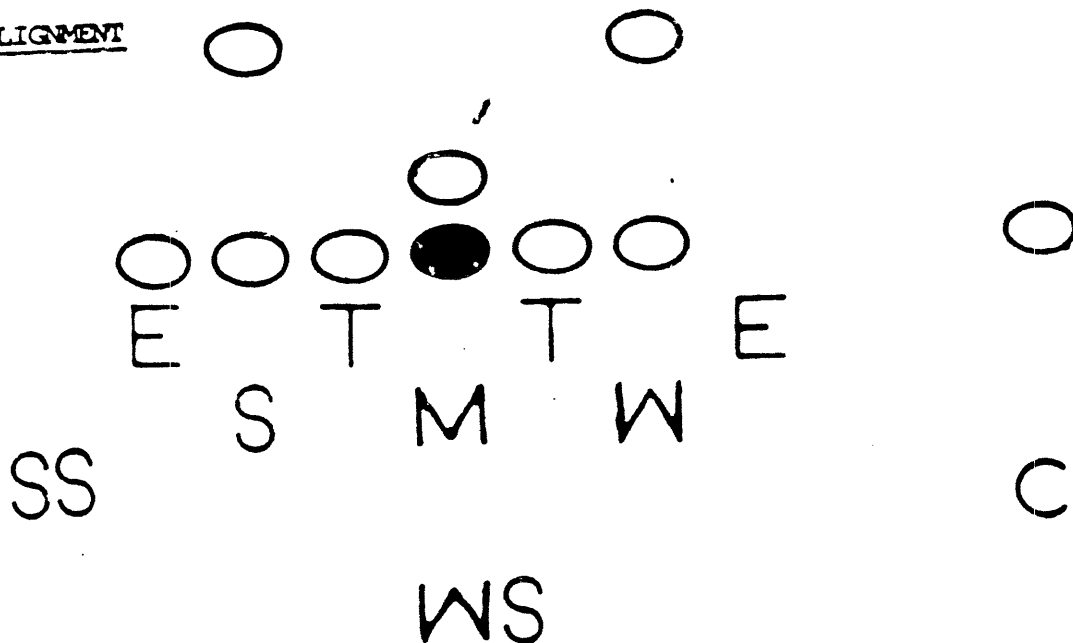
LINEBACKERS

SAM: HEAD UP ON THE STRONG OFF. TACKLE, 4 YARDS OFF THE LINE OF SCRIMMAGE
MIKE: HEAD UP ON THE WEAK OFF. TACKLE, 4 YARDS OFF THE LINE OF SCRIMMAGE
WILL: OUTSIDE IN A "WALK" POSITION, 5 YARDS OFF THE LINE OF SCRIMMAGE

SECONDARY

STRONG CORNER: 7-8 YARDS OFF THE LINE OF SCRIMMAGE
STRONG SAFETY: 2 YARDS OUTSIDE THE TIGHT END AND 7 YARDS OFF THE LINE OF SCRIMMAGE
WEAK SAFETY: FROM CENTER TO WEAK TACKLE, 8-10 YARDS OFF THE LINE OF SCRIMMAGE
WEAK CORNER: 7-8 YARDS OFF THE LINE OF SCRIMMAGE

SWIM ALIGNMENT



DEFENSIVE LINEMEN

STRONG END: HEAD UP WITH THE TIGHT END

STRONG TACKLE: HEAD UP WITH THE STRONG OFF. GUARD

WEAK TACKLE: HEAD UP WITH THE WEAK OFF. GUARD

WEAK END: 1 YARD OUTSIDE THE WEAK OFF. TACKLE

LINEBACKERS

SAM: HEAD UP WITH THE STRONG OFF. TACKLE, 4 YARDS OFF THE LINE OF SCRIMPAGE

MIKE: HEAD UP WITH THE CENTER, 4 YARDS OFF THE LINE OF SCRIMPAGE

WILL: HEAD UP WITH THE WEAK OFF. TACKLE, 4 YARDS OFF THE LINE OF SCRIMPAGE

SECONDARY

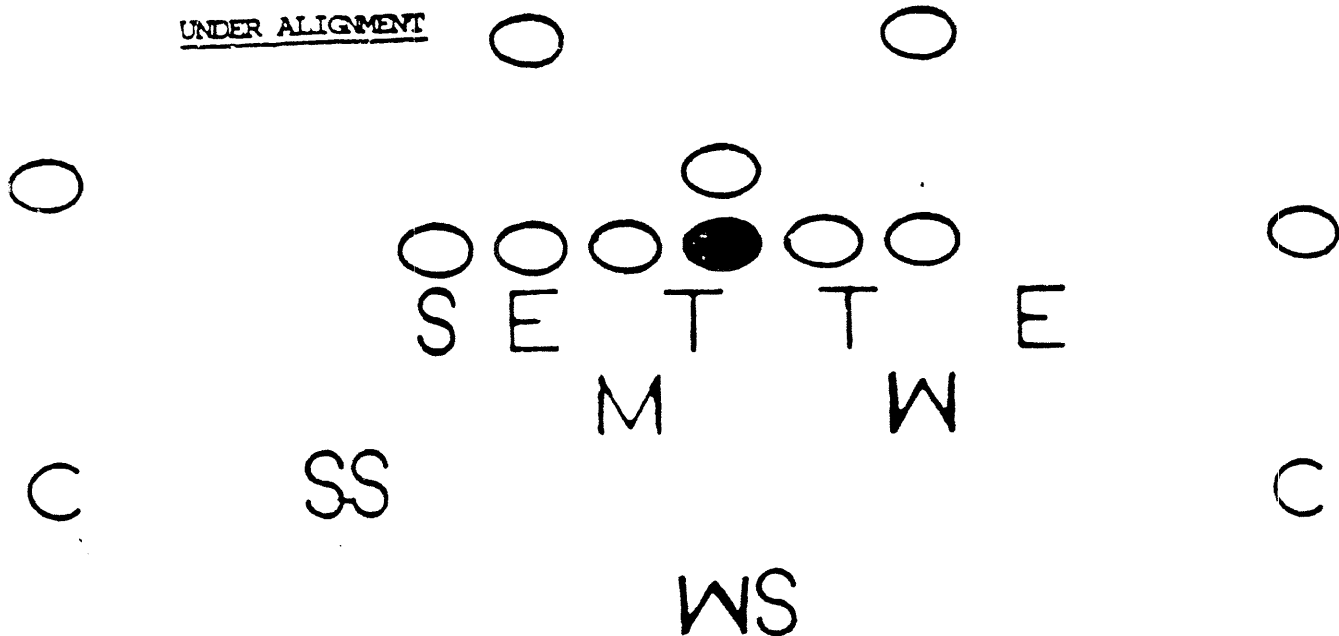
STRONG CORNER: 7-8 YARDS OFF THE LINE OF SCRIMPAGE

STRONG SAFETY: 2 YARDS OUTSIDE THE TIGHT END AND 7 YARDS OFF THE LINE OF SCRIMPAGE

WEAK SAFETY: FROM CENTER TO WEAK TACKLE, 8-10 YARDS OF THE LINE OF SCRIMPAGE

WEAK CORNER: 7-8 YARDS OFF THE LINE OF SCRIMPAGE

UNDER ALIGNMENT



DEFENSIVE LINEMEN

STRONG END: HEAD UP WITH THE STRONG OFF. TACKLE

STRONG TACKLE: SHADE SLIGHTLY TO THE STRONG SIDE OF CENTER

WEAK TACKLE: OUTSIDE EYE OF THE WEAK OFF. GUARD

WEAK END: 1 YARD OUTSIDE THE WEAK OFF. TACKLE

LINEBACKERS

SAM: HEAD UP WITH THE TIGHT END, ON THE LINE OF SCRIMPAGE

MIKE: HEAD UP WITH THE STRONG OFF. GUARD, 4 YARDS OFF THE LINE OF SCRIMPAGE

WILL: HEAD UP WITH THE WEAK OFF. TACKLE, 4 YARDS OFF THE LINE OF SCRIMPAGE

SECONDARY

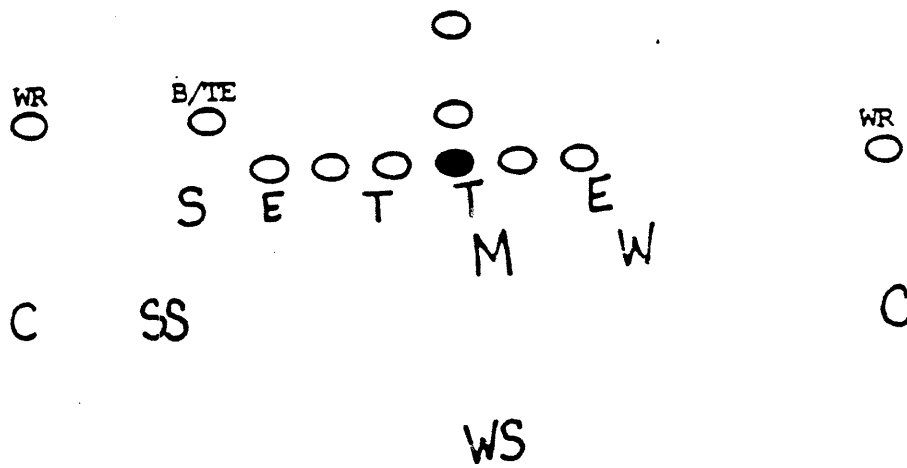
STRONG CORNER: 7-8 YARDS OFF THE LINE OF SCRIMPAGE

STRONG SAFETY: 2 YARDS OUTSIDE THE TIGHT END AND 7 YARDS OFF THE LINE OF SCRIMPAGE

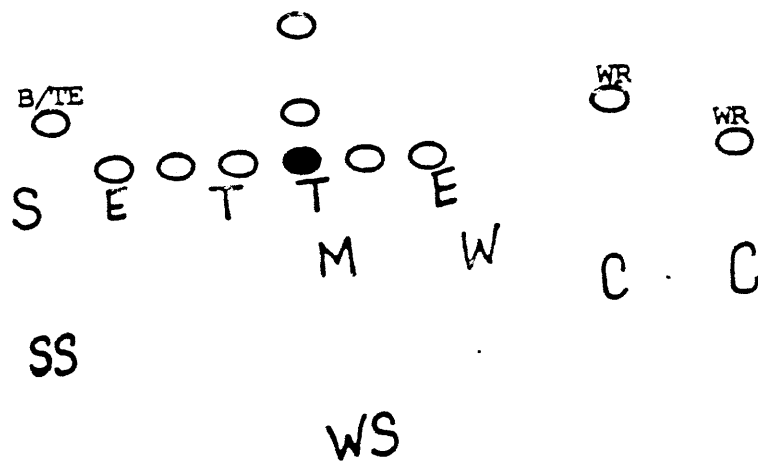
WEAK SAFETY: FROM CENTER TO WEAK TACKLE, 8-10 YARDS OFF THE LINE OF SCRIMPAGE

WEAK CORNER: 7-8 YARDS OFF THE LINE OF SCRIMPAGE

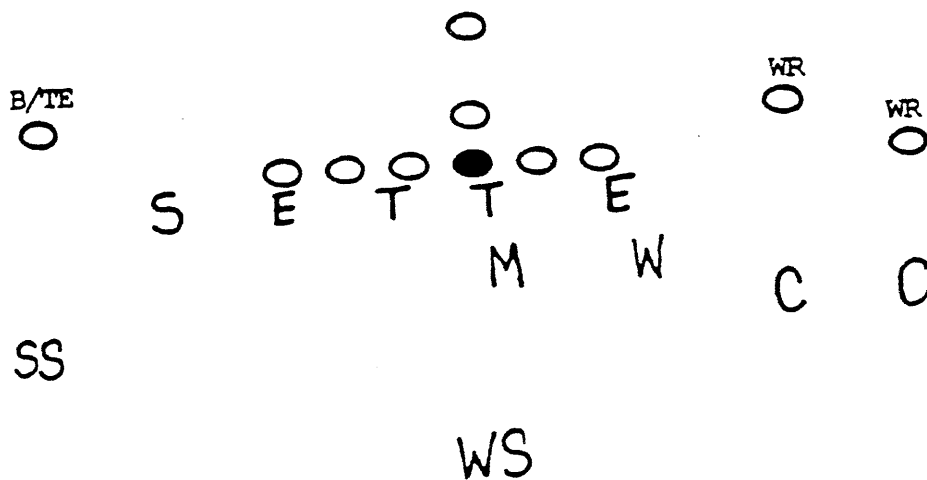
OVER-SLIDE ALIGNMENT VS. 1-BACK FORMATIONS



TWIN LEFT

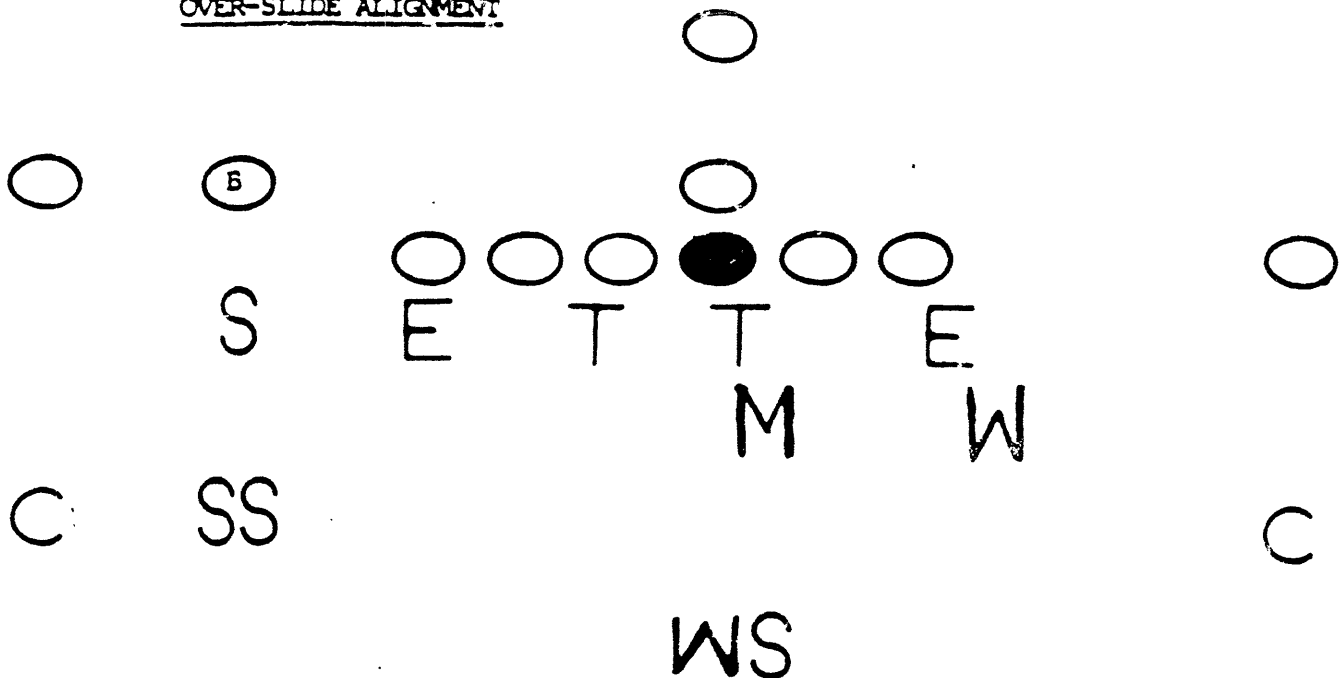


TWIN LEFT FLOP



TWIN OPEN LEFT FLOP

OVER-SLIDE ALIGNMENT



DEFENSIVE LINEMEN

STRONG END: HEAD UP WITH THE TIGHT END

STRONG TACKLE: OUTSIDE EYE OF THE STRONG OFF. GUARD

WEAK TACKLE: SHADE SLIGHTLY TO THE WEAK SIDE OF CENTER

WEAK END: OUTSIDE EYE OF WEAK OFF. TACKLE

LINEBACKERS

SAM: HEAD UP ON #2 STRONG, ON THE LINE OF SCRIMMAGE

MIKE: INSIDE LEG ON OUTSIDE LEG OF DEF. TACKLE, 4 YDS. OFF LOS

WILL: INSIDE LEG ON OUTSIDE LEG OF DEF. END, 4 YDS. OFF LOS

SECONDARY

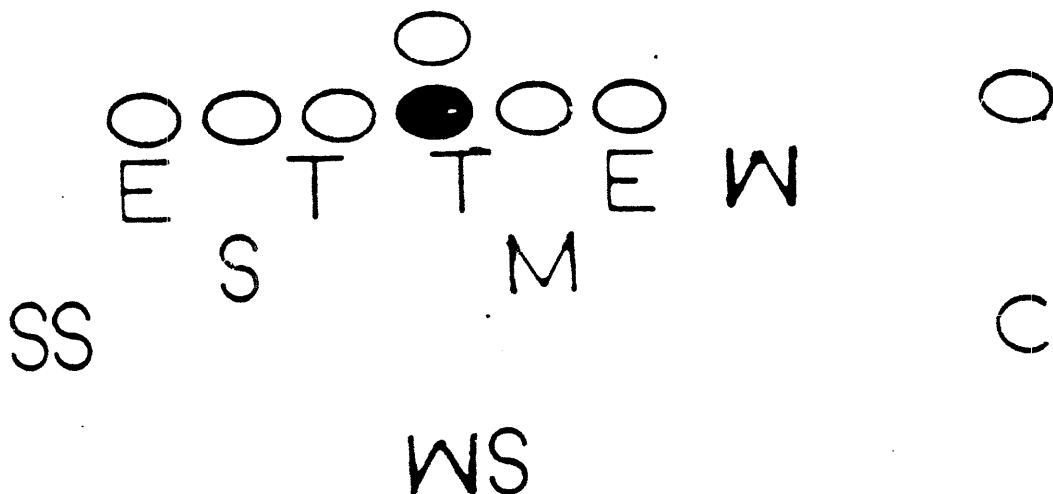
STRONG CORNER: 7-8 YARDS OFF THE LINE OF SCRIMMAGE

STRONG SAFETY: 7-8 YARDS OFF THE LINE OF SCRIMMAGE

WEAK SAFETY: FROM CENTER TO WEAK TACKLE, 8-10 YARDS OFF THE LINE OF SCRIMMAGE

WEAK CORNER: 7-8 YARDS OFF THE LINE OF SCRIMMAGE

OVER ALIGNMENT



DEFENSIVE LINEMEN

STRONG END: HEAD UP WITH THE TIGHT END

STRONG TACKLE: OUTSIDE EYE OF THE STRONG OFF. GUARD

WEAK TACKLE: SHADE SLIGHTLY TO THE WEAK SIDE OF CENTER

WEAK END: HEAD UP WITH THE WEAK OFF. TACKLE

LINEBACKERS

SAM: HEAD UP WITH THE STRONG OFF. TACKLE, 4 YARDS OFF THE LINE OF SCRIMPAGE

MIKE: HEAD UP WITH THE WEAK OFF. GUARD, 4 YARDS OFF THE LINE OF SCRIMPAGE

WILL: 2 YARDS OUTSIDE THE WEAK OFF. TACKLE, ON THE LINE OF SCRIMPAGE

SECONDARY

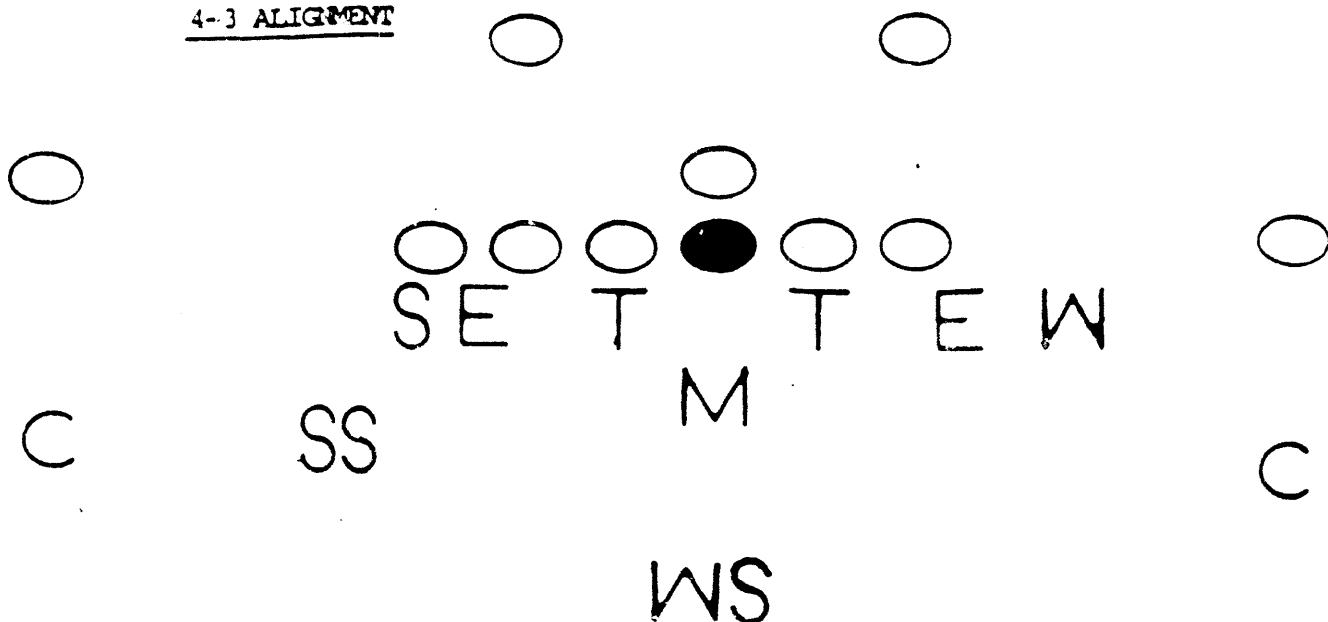
STRONG CORNER: 7-8 YARDS OFF THE LINE OF SCRIMPAGE

STRONG SAFETY: 2 YARDS OUTSIDE THE TIGHT END AND 7 YARDS OFF THE LINE OF SCRIMPAGE

WEAK SAFETY: FROM CENTER TO WEAK TACKLE, 8-10 YARDS OFF THE LINE OF SCRIMPAGE

WEAK CORNER: 7-8 YARDS OFF THE LINE OF SCRIMPAGE

4-3 ALIGNMENT



DEFENSIVE LINEMEN

STRONG END: 6" OUTSIDE STRONG OFF. TACKLE

STRONG TACKLE: HEAD UP WITH STRONG OFF. GUARD

WEAK TACKLE: HEAD UP WITH WEAK OFF. GUARD

WEAK END: OUTSIDE EYE OF WEAK OFF. TACKLE

LINEBACKERS

SAM: HEAD UP TO SLIGHTLY OUTSIDE SHADE OF TIGHT END, ON THE LINE OF SCRIMPAGE

MIKE: HEAD UP WITH THE CENTER, 4 YARDS OFF THE LINE OF SCRIMPAGE

WILL: 2 YARDS OUTSIDE THE WEAK OFF. TACKLE, ON THE LINE OF SCRIMPAGE
(EXCEPTION: NO BACK IN THE FULLBACK POSITION ALIGN 2 x 2)

SECONDARY

STRONG CORNER: 7-8 YARDS OFF THE LINE OF SCRIMPAGE

STRONG SAFETY: 2 YARDS OUTSIDE THE TIGHT END AND 7 YARDS OFF THE LINE OF SCRIMPAGE

WEAK SAFETY: FROM CENTER TO WEAK TACKLE, 8-10 YARDS OFF THE LINE OF SCRIMPAGE

WEAK CORNER: 7-8 YARDS OFF THE LINE OF SCRIMPAGE

OTHER DRILLS

1. Stripping
2. Fumble
3. Figure 8
4. Duck Walk
5. Position & Cushion
All Routes
6. Straight on Tackling
7. Sideline Tackling
8. Force Drills
9. Locking Out
10. Fronting

INTERCEPTION DRILLS

1. Straight Ahead
2. Break Rt & Lt
3. Backpedal & Turn
4. Backpedal & Turn, Break Rt & Lt
5. QB REad
6. 3 Step Read, Slant & Out
7. Int. Point Front, Back, Out, Curl
 - a. Off Position
 - b. M/M Position
 - c. Press Poisition Cov. 1
 - d. Blitz Position Cov. 1
8. Cov. 6
9. Pat & Go
10. High Point

ANGLE ROLL

5. This drill serves the same purpose as the angle drill with one exception. That exception is when the route you are covering makes you close your shoulders, then the WR goes the opposite way the DB has to roll his body instead of trying to stop and start again. After roll, turn head back to QB. To make the roll you should plant the inside foot and pivot on it while sinking the hips and driving off that foot with a good body lean at 45 degree angle to the interception point for 3 yards (or on signal) and repeat these steps in the opposite direction.

W DRILL RT & LT

6. This drill is used to help the DB work on reaction time when starting the backpedal and drive at the point of recognition of the route. Start the W Drill to the Rt with a backpedal, go for 5 yards straight back, then plant the right foot and pivot to the Rt, sinking the hips, leaning the shoulders in the direction you want to go, then plant the left foot in the direction you want to go with a short stride and go forward to the starting line and backpedal straight back 3 times. (When going left, plant left foot, pivot and drive).

TURN & GO

1. This drill is designed to increase the DB ability to change direction from backpedal to sprinting with the fewest steps possible and the shortest time possible. While backpedal, if a WR closes the Cushion too fast, the DB will pivot on the back foot away from the side he is turning, roll the hips and put the other foot down. When making the turn the DB should sink the hips and lower the shoulders in order to take off in a sprinter stance and go to the int. point.

1/2 ROLL RT OR LT

2. This drill is designed to get the DB use to having his body in an unusual position after being fooled by an inside or outside move by the WR. The DB makes a complete turn with limited steps, turn head back to key QB's throw, then drive at a 45 degree angle to the interception point. DB's should backpedal 10 yards roll off on inside foot when going outside and drive to interception point off next foot. You should sink hips and lean in the direction you want to go.

360 ROLL

3. This drill is designed to develop body control and the ability to accelerate at any point in the route. The DB should backpedal 10 yards, then pivot on the foot to the side you want to roll toward, then plant the other foot behind to pivot foot, raise the pivoted foot up while pushing off the back foot and drive. Sink the hips and lean in the opposite direction and drive.

ANGLE DRILL

4. This drill is designed to increase the reaction time it takes to stop (at a recognition point in a route) and drive to the interception point when the direction of the route goes at a different angle than the way your momentum is going. To run the angle drill you must start in a backpedal for 5 yards, then back at a 45 degree angle on the opposite foot from the direction you are going. You should sink your hips at the point of recognition in the route. Stay as low as possible with your shoulders for quicker reaction and more power in your drive. Then on the 3rd step or on (signal from the coach) plant the outside foot, sink the hips, turn the shoulders and spin the body to drive at 45 dgrees. (Keep your shoulders open at all times to the QB).

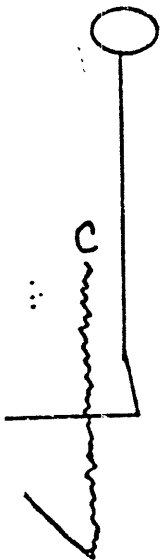
DRILLS FOR SKILL

1. Turn & Go
2. 1/2 Roll, Rt. & Lt.
3. 360 Roll
4. Angle Drill, Lt. & Rt.
5. Angle Roll
6. W Drill
7. Cross Line Drill
8. Toe Tap
9. Tap Over
10. High Knee Action
11. Back & Forth
12. Forward & Back
13. Cross Over

C. How to Play the Ball

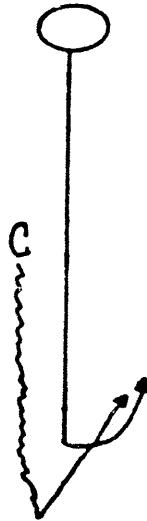
1. When making strip on Out or In pattern strip near arm and hook receiver with other arm. On Curl go thru numbers with a double arm strip. In 9 route, cut off route or hook hip and look back for ball on ball call or receiver's eyes. If you are trailing route, catch up to hip and play receiver hands for incomplete pass.

OUT



ive upfield shoulder
d strip near arm

TURN IN



Drive thru numbers
double arm strip

When beat deep work
to hip look inside
& play hands

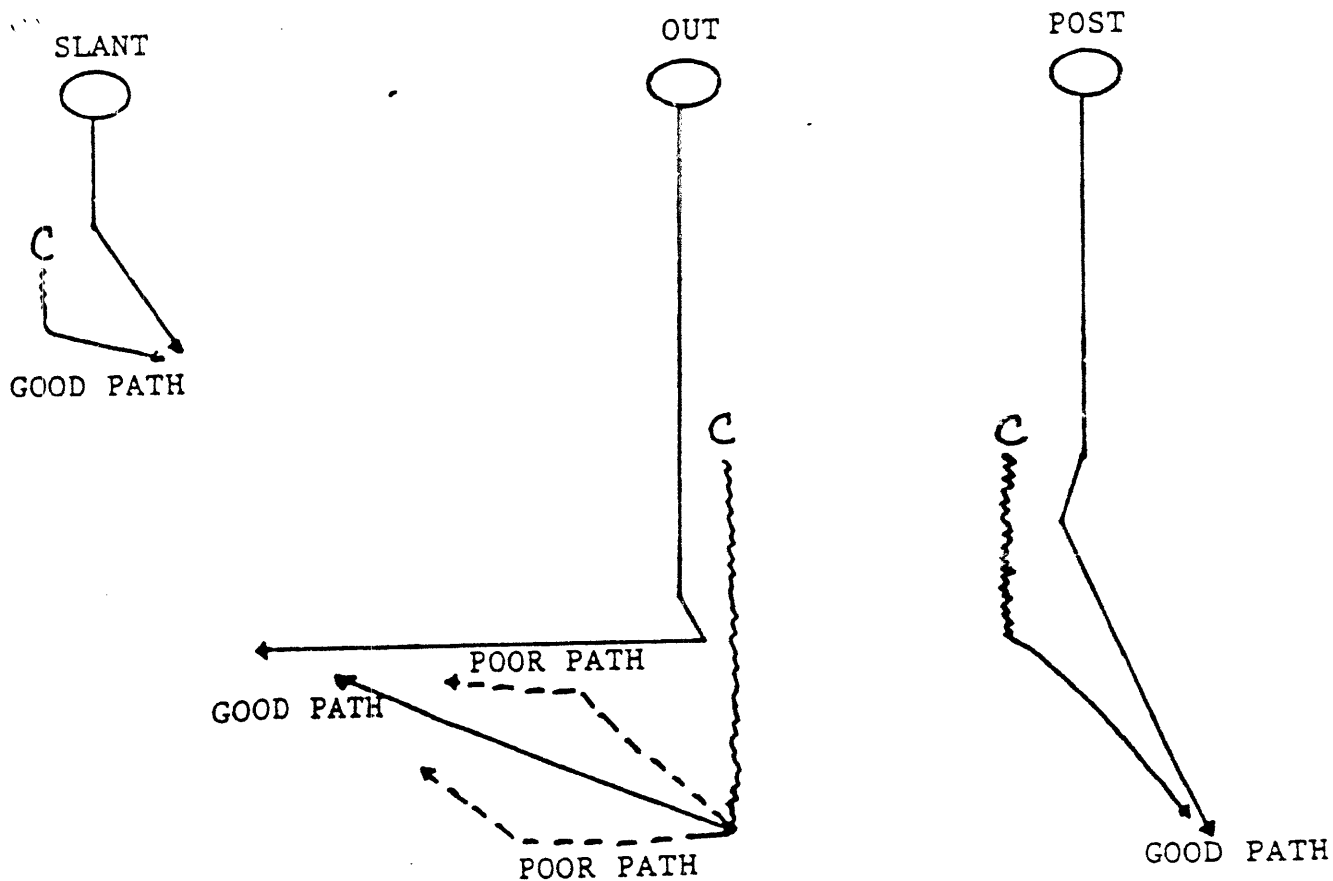
FLY



When you have
perfect posi-
tion look back
to ball & focus
on route for
interception.

B. Interception Point

1. After you recognize the pattern drive to the interception point. QB will give key by flight of the ball.
2. If you understand where the interception point is, you will be able to go there in a straight line, usually arriving ahead of or at the same time as the ball.
3. Failing to understand the interception point will cause you to continually be a follower on patterns that you should be able to cover.



Key Priorities in Man & Zone

A. Man

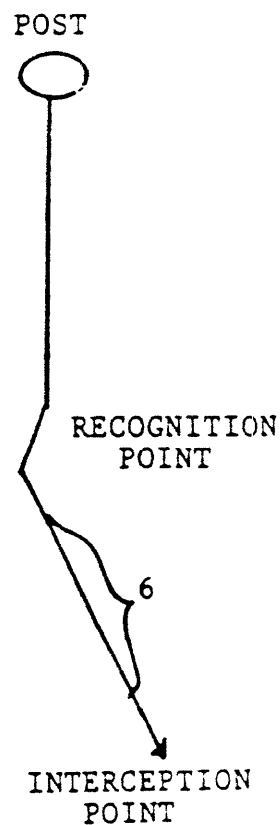
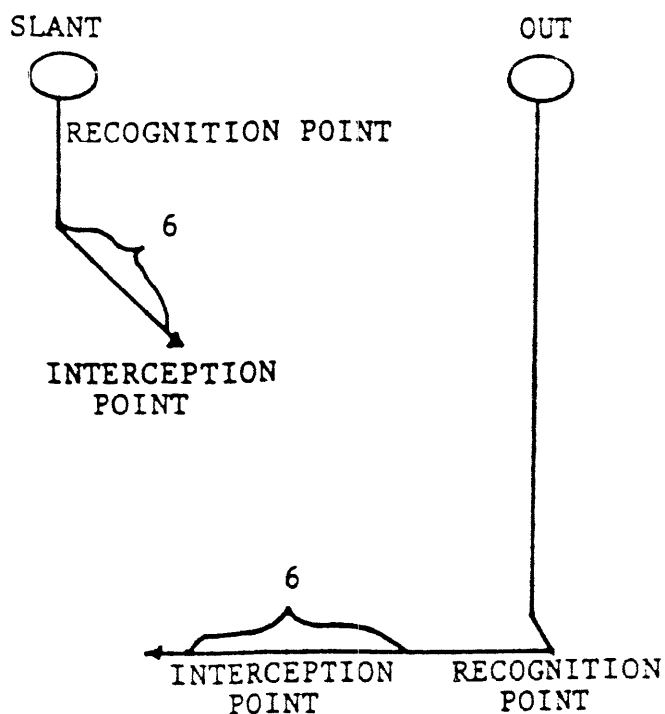
1. QB - Ball
2. Receiver
3. Route
4. Ball

B. Zone

1. Run Pass Key
2. Pattern recognition
3. QB - Carrying distance
4. Ball

Playing the Pass

- A. After you can recognize each pattern, you must learn where the ball will usually be caught by the receiver. This point is known as the INTERCEPTION POINT. It is usually at the moment you recognize the pattern and key QB throw.



Position

Gain a tight inside shoulder position, two yards off the receiver, gain this position quickly. (Goal line--gain inside position immediately).

Drive

Drive on the receiver on first break. Cover tight.

Defensive Backs - Zone Techniques:

Area Coverage (Zone)

Alignment

One yard on outside shoulder of the receiver, 7 yards deep (the defense called will designate the exact depth). (Same as man to man)

Key

Key for the end run force or pass coverage. (Keys may vary vs. certain opponents)

Drop

Rotate or drop into your area, which is designated by the defense. (Backpedal)

Focus

Alternate your attention on the receiver, quarterback, and the ball. (Great vision)

Position

Make the proper reads and keep position on the receiver and the ball to all points of your area.

The Ball

When the ball is in the air, drive to meet it at its highest point or "strip" the receiver.

Backpedal:

1. Keep weight on balls of feet, good balance.
2. Use arms slowly to assist ease of movement.
3. Weight distributed evenly so you can drive or move laterally with ease of movement.
4. Keep shoulders over balls of feet.

Coaching Points:

Position:

1. Never let receiver get in a head up position with you.
2. At a point no deeper than 7 yards downfield, position yourself in a 3 yd. gap from receiver, still maintaining your original outside position.
3. Keep position on shoulder of receiver 1 yd. inside or outside.

Drive:

1. When you drive with receiver and he changes direction, be in a position to cut him off.
2. Gear yourself mentally to explode on final break of receiver and use good break and drive technique.

The Ball:

1. As you explode through receiver at the same time the ball arrives, strip the receiver.
2. On a deep move when you are forced between the receiver and the ball, be sure you can feel the receiver.
3. When you get only one hand on the ball, be sure you have the other hand in position to grasp receiver.
4. Be physical at the finish of each play.

Man to Man Blitzing

Alignment

Take a tight inside shoulder position. (Goal line take head up bump and run position).

Key

Key passes in blitz situation, down & distance WR splits.

Backpedal

Backpedal straight back with shoulders parallel, weight on balls of feet. Gain tight position on WR as soon as possible.

7. Tackling - Defense is dependent on effective tackling. Tackling is 20% desire. No matter what defense we are using, the success will depend a great deal on the effectiveness of our tackling. We may play our defense close to perfection, but if we miss the tackle or allow the ball carrier to gain 3 or 4 yards after we hit, our defensive perfection will be of no use. Our primary consideration when meeting a ball carrier on the L.O.S. is to stop his forward progress immediately. To do this a tackler must have good balance and body position. Proper use of the arms will prevent missed tackles. When you hit the runner, HOLD ON. Gang tackling is also a big factor in instantly stopping the forward progress of a ball carrier.

Tackling by Secondary Varies

- A. Force - Proper position, etc.
 - B. Fill - Hit tough (time to show toughness)
 - C. Open Field - Must make sure tackles: not for toughness and style. When a ball carrier gets into the open field, we are not concerned with a jolting tackle to prevent a few extra yards. We are concerned with only bringing him down the best way possible.
 - D. Punish receivers when possible (legally).
8. Pursue - Always go to the ball carrier, or the ball that is thrown in the air. You may be able to save a touchdown by hustling across field on plays that are away from you. You never know when the ball carrier or receiver is going to break tackles and go all the way.

6. Strip (If player has caught ball--try to strip it loose).

There are times when you may have your man covered, but due to the type of pass thrown, it will be completed. A technique that is very effective is to strip.

Stripping: Coming through receiver and pulling arms away from the ball. You are still in good position to make the tackle if he holds onto the ball.

NOTE: Many receivers will have an "Ego" lapse at the time they think they have made the catch. This is the time to take advantage of the "strip".

4. Interception: Go for the ball "tough" when it is in the air.
- a. Move toward the spot the ball is thrown - Learn to judge when you can meet the ball at its highest point. Get to the "interception" spot as quickly as possible and play the ball at the highest point.
 - b. Go for the ball with both hands - from the outside in.
 - (1) Be rough and fight for the ball.
 - (2) Look the ball into your hands. Make up your mind.
 - (3) Play through the receiver as he catches the short passes.
 - (4) On high pass - never go around him - play through him.
 - c. Interceptions - Go for the nearest sideline. Other secondary-coverage on the receiver.
 - (1) Be ready for tipped ball.
 - (2) Block the intended receiver first - he makes 90% of the tackles on interceptions.
5. Knock Down (if no possible way to intercept--knock ball down.)

- (2) When your receiver moves laterally, move laterally with him - keep outside position on receiver.
- (3) When your receiver moves downfield, move backward.
- (4) Keep your movement parallel with the receiver, staying in front until breaking point.

b. While Moving to Position:

- (1) Key & diagnose according to coverage called.
- (2) Eye focus on receiver, or quarterback, according to coverage called.
- (3) Must be able to read pass, or run, situation.

c. Position on Receiver: (Man to Man)

- (1) When covering a receiver - basically, keep between the receiver and the goal-line.
 - (a) Lateral Position - Keep the receiver on a line between you and the passer. (Lateral position will vary according to defense, field position, and the position of the receiver).
 - (b) Vertical Position - No move than 2 yards from the receiver (arms length away) at 16 yards.
 - (c) Look through the receiver and see the passer in your peripheral vision.

NOTE: Fact the same way you set up originally as long as possible. Stay in your back pedal as long as possible.

- (2) When Free (no receiver in your area):
Help as defense specifies - watch passer's eyes and anticipate throw.
- (3) Footwork for Position
 - (a) Your first move in any direction - This is a controlled back pedal.
 - (b) If receiver forces you to run - turn your hips and run to cut off point. Keep your eyes on him and react to his movement for the ball when behind.

a. Stance

- (1) Position (feet) - parallel or near parallel stance for lateral movement. Corners have inside foot back, but shoulders should be kept square to the line of scrimmage. Safeties keep feet parallel.
- (2) Set (body and arms) - knees bent - weight on forward foot and balls of feet - hands hang loosely - alert and relaxed (hands on knees is an error!!!)
- (3) Alignment (normal)

(a) Strong Corner - 7 yards deep - 1 yard out - side shoulder of "Wing" - inside foot back - varies according to field position and width of "Wing". If "Wing" is wide, be on the inside shoulder (5 yards from sideline).

(b) Strong Safety - 7 yards deep - 1 to 2 yards outside shoulder of "X" - keep stance constant.

(c) Weak Safety - 10-12 yards deep - 1 yard outside shoulder of offensive tackle. Parallel stance - vary alignment accordingly.

(d) Weak Corner

TIGHT: 2 yards outside of Will (weak linebacker) - 4 yards keep - inside foot back.

FLEXED: 7 yards deep - 1 yard outside shoulder of "Y" (sideline rule: 5 yards)

NORMAL: - 7 yards deep - 1 yard outside shoulder of "Y".

2. Read - Read your specific keys and diagnose play (QB, Routes, WR Alignment).

3. React

a. When to Move

- (1) When ball is snapped, move to the position desired on the receiver according to coverage called and use techniques accordingly.

II. INDIVIDUAL SECONDARY TECHNIQUES

A. GENERAL PHILOSOPHY

The basic requirements that you will need to play in the secondary are:

1. Desire - You must want to be the very best at your position.
2. Speed - You must report in peak condition and fight to maintain this condition through the year.
3. Strength - You must work to maintain your strength to prevent injuries and be able to do your job (weights).
4. Concentration - You must know your responsibilities and completely direct yourself to doing your job.
5. Quickness - This aspect can be more important than raw speed. We refer to quickness as: the quickness of your hands, your feet, your eyes, and every reflex needed to cover a great receiver.
6. Endurance - You must stay in shape to perform at maximum efficiency for four quarters and overtime.

B. PLAN OF ACTION

The first things we have to do in order to become good defensive players is to have a "plan of action." It must be sound as well as practical. Each player should be ready to do the following on every play:

1. Ready or Set Position - Position for the deep backs and linebackers is the most important technique in pass coverage. There is a definite spot where you should be when the offense is running their patterns. If you are in this spot, you will be able to see the quarterback and get the jump on the ball. You must be aware of your position on the field (sidelines - numbers - hash, etc.)

TO BE A GOOD DEFENSIVE SECONDARY

1. We must 1st be totally unified.
 - a. Everyone pulling for each other and willing to sacrifice in order to get better by helping to make others better.
2. We must destroy the will of the receivers on the opposing team to catch the football.
 - a. Punish the opponents every single chance you get.
3. We must as individuals, coaches, and players get the respect of the people we are going against.
 - a. Never at anytime let any player on opposing teams disrespect you.
 - b. Don't be less than a Man.
4. We must give 100% effort on every single play.
 - a. If every player on the defense gives 100% on every play we will be hard to beat.
 - b. When you know that everyone else is giving 100% and all that you have to do is give 100% in order to win, DO IT!
5. We must assume responsibility to make the play each and every time the play is yours to make.
6. We should assume responsibility for winning and for losing a game with the confidence of knowing you won because everyone gave 100% to win. Be humble enough in a loss to know what caused the loss and correct it and know that we are not perfect, yet at the same time because of this experience, we will be better.
7. We must study our opponents and know what it is going to take to defeat them before playing every game; do whatever it takes to defeat them.
8. We should honor the head coach and work hard to accomplish his goals for us.

1. Defense against the END RUN

The quickest way to be defeated by an offensive team is to allow them to run outside successfully. An end run is not difficult to stop when the three players under attack are coordinated--namely, the corner, safety, and outside linebacker. Good fundamentals of end run play require a contain man, a cutback man, and a man to check for a play pass. Individual run techniques must be developed.

We will use three types of end run forces--namely, "Cora", "Sally", and Blue". The most important thing to remember is that the end run force may be built into the coverage called, or may be according to situations. Any of the three forces may be used with an "audible" call from the safety; (the safety will make the call every down regardless) however, we will suggest an automatic end run force for different defenses in the event an "audible" call is not made.

2. Defense against the PASS

Our basic theory against the pass is to perfect our man-for-man techniques in order to handle the most difficult situation. We then design our defense to give the same pre-snap look and disguise with movement to prevent a designated receiver or receivers from catching a pass, and at the same time, add to our chances of an interception. You will find that even though we have a number of pass defenses, there are similarities between many of the defenses. The most important parts of pass defense are to become skilled in your individual techniques and play the coverages as they are designed. Each individual player must concentrate 100% on his own assignments and responsibilities. Each player must strive to improve himself and take advantage of every tool that will help him to do his job more effectively.

I. PHILOSOPHY AND THEORY OF SECONDARY PLAY

A. GENERAL COMMENTS

The Defensive Secondary is no doubt the hardest position to play in football. It demands a person who is willing to accept success and failure with total consciousness. Therefore, the requirements are strenuous: total confidence, willingness to work harder than any other player on the field, excellent hand and eye coordination, the ability to concentrate for 60 minutes on your job, the desire to accept total responsibility on every play for a win or a loss for the whole team.

Football games are won in the Defensive Secondary. Therefore, we must master the technique, the coverage, and mental edge to defeat our opponents week after week.

Each position in the secondary has different responsibilities.

FREE SAFETY

- * Must be the best tackler on the team.
- * Must have excellent hand/eye coordination (to knock down or intercept passes deep).
- * Must be a devout student of the game (extensive film study).
- * Must have excellent range of motion and speed.

STRONG SAFETY

- * Must be the toughest in the secondary and the best support guy.
- * Must be the most aggressive tackler on the team (cause fumbles and be alert to pick up those fumbles caused by others).
- * Has to have the best vision to read for the run and pass.
- * Must be an excellent cover person on TE or WR or RB.
- * Must be able to get the right calls out each play to the corner and LB's.

LEFT AND RIGHT CORNER

- * Must be excellent in back pedal with body low to the ground at all times for fast reactions.
- * Must be as fast as any WR and much quicker.
- * Must have excellent hand/eye coordination to enable him to catch (good), strip the ball, and destroy the will of the WR to catch balls down field.
- * Must be a great tackler (never miss).
- * Must have great vision on the triangle.
- * Must have more confidence than anyone else on the field (that he is best at what he does and takes pride in it).

The defensive secondary has two primary functions:

1. To defense against the END RUN, and
2. To defense against the PASSING GAME.

Welcome to the biggest challenge of your life. The Cardinals Defense in 1994 will be the most aggressive, attacking defense in the National Football League.

We must make big plays as a Secondary if we are going to win and dominate as we plan to do. Attacking defenses put a premium on having great tackling secondaries. We will be the best tackling Secondary in the league; through many repetitions in practice everyday.

As a Defensive Back for the Phoenix Cardinals you must play with an attitude that dares the offense to throw the ball in your area. Great Defensive Backs hope that every pass will be thrown to the man they are covering. They long to test and re-test their abilities.

To be a great Secondary, we must be dedicated students of the game. Study film, understand our coverages and checks, and be familiar with the movement and style of the players you will be up against.

I challenge you as a valuable member of the Secondary to be the smartest, most physical Secondary in the league.

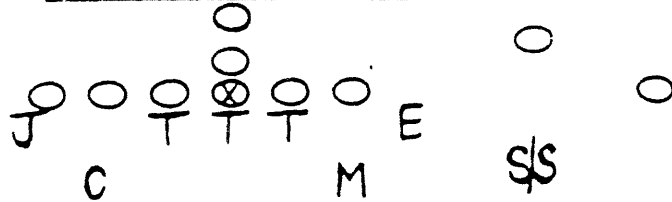
Take the challenge and let's work hard together to achieve these goals, and be a vital part of an **ASS KICKING DEFENSE!**

Good Luck,

Rob Ryan

ALIGNMENT, KEYS, AND RUN RESPONSIBILITIES BY FRONTS

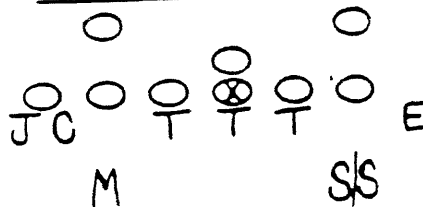
FRONT: 46 JAYHAWK (VS. ONE-BACK SET)



POSITION: <u>JACK - LT. LB</u>	POSITION: <u>MIKE</u>	POSITION: <u>CHARLEY - RT. LB</u>
ALIGNMENT: ON THE LOS, INSIDE FOOT ON THE OUTSIDE FOOT OF THE TIGHT END.	ALIGNMENT: 4 YARDS OFF LOS, HEAD UP WITH WEAK TACKLE.	ALIGNMENT: 4 YARDS OFF LOS, HEAD UP WITH STRONG TACKLE.
KEY: TE TO BACK.	KEY: WEAK TACKLE TO BACK.	KEY: STRONG TACKLE TO BACK.
RUN RESPONSIBILITY: <u>FLOW TOWARD</u> - JAM TE, TAKING EVERYTHING ON WITH THE INSIDE SHOULDER. CONTAIN THE FOOTBALL. <u>FLOW AWAY</u> - PLAY DOWN THE LOS, CHECKING FOR BOOTLEG, REVERSE, OR CUTBACK.	RUN RESPONSIBILITY: <u>BASE BLOCK</u> - ATTACK THE BASE BLOCK WITH THE INSIDE SHOULDER. <u>DOWN BLOCK</u> - STEP UP AND TAKE EVERYTHING ON WITH THE INSIDE SHOULDER. <u>OUT BLOCK</u> - STEP UP AND TAKE EVERYTHING ON WITH THE INSIDE SHOULDER. <u>FOLD BLOCK</u> - STEP UP AND TAKE ON THE GUARD WITH THE INSIDE SHOULDER. <u>CUT-OFF BLOCK (FLOW AWAY)</u> - PLAY ACROSS THE BLOCK AND WORK Laterally ACROSS TO THE BALL. <u>SCOOP BLOCK (FLOW AWAY)</u> - PLAY ACROSS THE BLOCK AND WORK Laterally ACROSS TO THE BALL.	RUN RESPONSIBILITY: <u>BASE BLOCK</u> - ATTACK THE BASE BLOCK WITH THE INSIDE SHOULDER. <u>DOWN BLOCK</u> - STEP UP AND TAKE EVERYTHING ON WITH THE INSIDE SHOULDER. <u>FOLD BLOCK</u> - STEP UP AND TAKE ON THE GUARD WITH THE INSIDE SHOULDER. <u>CUT-OFF BLOCK (FLOW AWAY)</u> - PLAY ACROSS THE BLOCK AND WORK Laterally ACROSS TO THE BALL. <u>SCOOP BLOCK (FLOW AWAY)</u> - PLAY ACROSS THE BLOCK AND WORK Laterally ACROSS TO THE BALL. <u>TACKLE PULL</u> - SCRAPE AND PLAY INSIDE/OUT. <u>TACKLE DOWN/GUARD PULL</u> - SCRAPE Laterally TO PLAY ACROSS THE DOWN BLOCK OF THE T.E.

ALIGNMENT, KEYS, AND RUN RESPONSIBILITIES BY FRONTS

FRONT: 46



POSITION: JACK - LT. LB

ALIGNMENT: ON THE LOS INSIDE FOOT ON THE OUTSIDE FOOT OF THE TIGHT END. (JACK WILL WALK OFF AND OUT AT TIMES).

KEY: TE TO NEAR BACK.

RUN RESPONSIBILITY:

FLOW TOWARD - JAM TE, TAKING EVERYTHING ON WITH THE INSIDE SHOULDER. CONTAIN THE FOOTBALL.

FLOW AWAY - PLAY DOWN THE LOS, CHECKING FOR BOOTLEG, REVERSE, OR CUTBACK.

POSITION: MIKE

ALIGNMENT: 4 YARDS OFF LOS HEAD UP WITH STRONG TACKLE.

KEY: STRONG TACKLE. TO NEAR BACK.

RUN RESPONSIBILITY:

BASE BLOCK - ATTACK THE BASE BLOCK WITH THE INSIDE SHOULDER.

DOWN BLOCK - STEP UP AND TAKE EVERYTHING ON WITH INSIDE SHOULDER.

OUT BLOCK - STEP UP AND TAKE EVERYTHING ON WITH INSIDE SHOULDER.

CUT-OFF BLOCK (FLOW AWAY) - PLAY ACROSS THE BLOCK AND WORK Laterally across to the ball.

SCOOP BLOCK (FLOW AWAY) - PLAY ACROSS THE BLOCK AND WORK Laterally across to the ball.

TACKLE PULL - SCRAPE AND PLAY INSIDE/OUT.

POSITION: CHARLEY - RT. L

ALIGNMENT: ON THE LOS OUTS FOOT ON THE INSIDE FOOT THE TIGHT END.

KEY: TE TO NEAR BACK.

RUN RESPONSIBILITY:

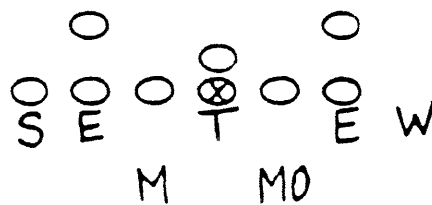
FLOW TOWARD - JAM THE TE END AND GET EYES BACK IN RESPONSIBLE FOR "C" GAP. TIGHT END BLOCKS DOWN, AGAINST THE PRESSURE. HOLD YOUR GROUND. TAKE ALL OTHER BLOCKS WITH THE INSIDE SHOULDER.

FLOW AWAY - PLAY DOWN THE LOS FOR CUTBACK. DON'T CUT OUT BY THE T.E.

ALIGNMENT, KEYS, AND RUN RESPONSIBILITIES BY FRONTS

FRONT: 34

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POSITION: SAM - LT. LB

ALIGNMENT: ON THE LOS. HEAD UP
HEAD UP WITH TIGHT END.

KEY: TE TO NEAR BACK

RUN RESPONSIBILITY:

BASE BLOCK - 2 GAP TE

HOOK BLOCK - 2 GAP TE

CUT-OFF BLOCK - PLAY DOWN THE
LOS, CHECKING FOR BOOTLEG,
REVERSE OR CUTBACK.

DOWN BLOCK - JAM TE AND TAKE
EVERYTHING ON WITH THE INSIDE
SHOULDER.

EASY RELEASE - GET EYES BACK
INSIDE, KEY RUN AND CLOSE
DOWN THE LOS, TAKING EVERY-
THING ON WITH THE INSIDE
SHOULDER.

POSITION: MIKE

ALIGNMENT: 4 YARDS OFF LOS.
HEAD UP WITH STRONG GUARD.

KEY: STRONG GUARD TO NEAR BACK

RUN RESPONSIBILITY:

BASE BLOCK - TAKE ON BASE BLOCK
WITH INSIDE SHOULDER.

DOWN BLOCK - STEP UP AND TAKE
EVERYTHING ON WITH INSIDE
SHOULDER.

OUT BLOCK - STEP UP AND TAKE
EVERYTHING ON WITH INSIDE
SHOULDER.

GUARD PULL - SCRAPE IN DIRECTION
OF PULL AND PLAY INSIDE/OUT.

SCOOP BLOCK (FLOW AWAY) -
PLAY BEHIND THE BLOCK FOR CUT-
BACK.

IF BLOCK - ATTACK TO PULL THE
BLOCK OFF THE D.E.

POSITION: MO - RT. LB

ALIGNMENT: 4 YARDS OFF LOS.
HEAD UP WITH WEAK GUARD.

KEY: WEAK GUARD TO NEAR BACK

RUN RESPONSIBILITY:

BASE BLOCK - TAKE ON BASE
BLOCK WITH INSIDE SHOULDER.

DOWN BLOCK - STEP UP AND
TAKE EVERYTHING ON WITH
INSIDE SHOULDER.

OUT BLOCK - STEP UP AND TAK
EVERYTHING ON WITH INSIDE
SHOULDER.

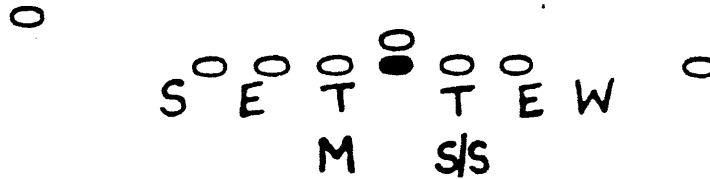
GUARD PULL - SCRAPE IN
DIRECTION OF PULL AND PLAY
INSIDE/OUT.

SCOOP BLOCK (FLOW AWAY) -
PLAY BEHIND THE BLOCK FOR
CUTBACK.

IF BLOCK - ATTACK TO PULL
THE BLOCK OFF THE D.E.

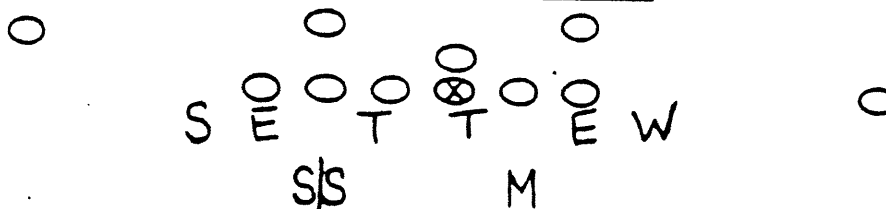
ALIGNMENT, KEYS, AND RUN RESPONSIBILITIES BY FRONTS

FRONT: 4-3 (4)



POSITION: SAM	POSITION: MIKE	POSITION: WILL
<p>ALIGNMENT: ON THE LOS, 1 YARD OUTSIDE THE TIGHT END.</p> <p>KEY: TE TO NEAR BACK</p> <p>RUN RESPONSIBILITY:</p> <p>FLOW TOWARD - ATTACK AND TAKE EVERYTHING ON WITH INSIDE SHOULDER. CONTAIN THE BALL.</p> <p>FLOW AWAY - PLAY DOWN THE LOS, CHECKING FOR BOOTLEG, REVERSE, OR CUTBACK.</p>	<p>ALIGNMENT: ALIGN BEHIND THE WEAK DEF. TACKLE, 4 YDS. OFF THE LOS.</p> <p>KEY: STRONG GUARD TO CENTER.</p> <p>RUN RESPONSIBILITY:</p> <p>FLOW TOWARD - PLAY ACROSS ALL BLOCKS, ATTACKING FROM THE INSIDE/OUT.</p> <p>FLOW AWAY - PLAY BEHIND THE DEF. TACKLE CHECKING FOR CUTBACK, UNLESS THE CENTER BLOCKS BACK AND GUARD PULLS WEAK. THEN THE DEF. TACKLE PLAYS THE CUTBACK - YOU PLAY FLOW SIDE INSIDE/OUT.</p>	<p>ALIGNMENT: ON THE LOS 2 YDS. OUTSIDE THE WEAK TACKLE.</p> <p>KEY: WEAK TACKLE TO NEAR BACK.</p> <p>RUN RESPONSIBILITY:</p> <p>FLOW TOWARD - ATTACK AND TAKE EVERYTHING ON WITH INSIDE SHOULDER. CONTAIN THE BALL.</p> <p>FLOW AWAY - FALL BACK AND PLAY THE SAME AS 4-3.</p>

FRONT: OVER 10

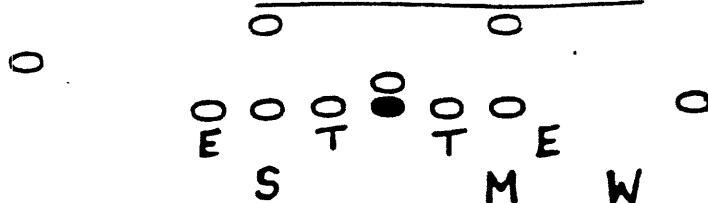


POSITION: <u>SAM</u>	POSITION: <u>MIKE</u>	POSITION: <u>WILL</u>
ALIGNMENT: ON THE LOS 2 YARDS OUTSIDE THE TIGHT END.	ALIGNMENT: 4 YARDS OFF LOS HEAD UP WITH WEAK GUARD.	ALIGNMENT: ON THE LOS 2 Y OUTSIDE THE WEAK TACKLE
KEY: TIGHT END TO NEAR BACK.	KEY: WEAK GUARD TO NEAR BACK.	KEY: WEAK TACKLE TO NEAR
RUN RESPONSIBILITY: <u>FLOW TOWARD</u> - ATTACK AND TAKE <u>EVERYTHING</u> ON WITH INSIDE SHOULDER. CONTAIN THE FOOTBALL. <u>FLOW AWAY</u> - PLAY DOWN THE LOS CHECKING FOR BOOTLEG, REVERSE OR CUTBACK.	(SAME AS OVER) RUN RESPONSIBILITY: <u>BASE BLOCK</u> - TAKE ON BASE BLOCK WITH INSIDE SHOULDER. <u>CUT-OFF BLOCK (FLOW AWAY)</u> - PLAY ACROSS THE BLOCK AND FILL BETWEEN THE D.T.'s <u>DOWN BLOCK</u> - STEP UP AND TAKE <u>EVERYTHING</u> ON WITH THE INSIDE SHOULDER. <u>OUT BLOCK</u> - STEP UP AND TAKE <u>EVERYTHING</u> ON WITH THE INSIDE SHOULDER. <u>SCOOP BLOCK (FLOW AWAY)</u> - PLAY ACROSS THE BLOCK AND FILL BETWEEN THE D.T.'s. <u>GUARD PULL</u> - SCRAPE AND PLAY INSIDE/OUT. <u>"IF" BLOCK</u> - ATTACK TO PULL THE BLOCK OFF THE D.E.	RUN RESPONSIBILITY: <u>FLOW TOWARD</u> - ATTACK AND <u>EVERYTHING</u> ON WITH INSIDE SHOULDER. CONTAIN THE FOOTBALL. <u>FLOW AWAY</u> - PLAY DOWN THE LOS, CHECKING FOR BOOTLEG REVERSE, OR CUTBACK.

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ALIGNMENT, KEYS, AND RUN RESPONSIBILITIES BY FRONTS

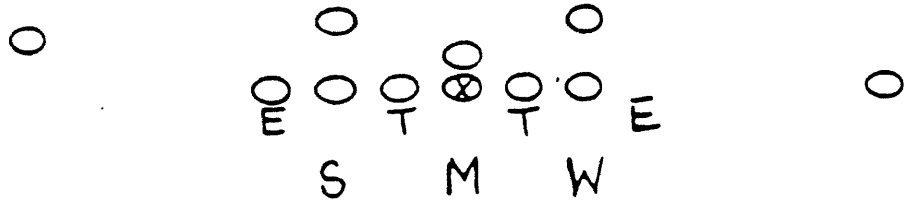
FRONT: 4-4



POSITION: SAM	POSITION: MIKE	POSITION: WILL
ALIGNMENT: 4 YDS. OFF LOS, HEAD UP WITH STRONG TACKLE	ALIGNMENT: 4 YDS. OFF LOS, HEAD UP WITH WEAK TACKLE	ALIGNMENT: IN "WALK" POSITION, 5 YDS OFF LOS.
KEY: STRONG TACKLE TO NEAR BACK	KEY: WEAK TACKLE TO NEAR BACK.	KEY: WEAK TACKLE TO NEAR BACK.
RUN RESPONSIBILITY:	RUN RESPONSIBILITY:	RUN RESPONSIBILITY:
BASE BLOCK (FLOW TOWARD) - ATTACK AND KEEP OUTSIDE ARM FREE.	BASE BLOCK (FLOW TOWARD) - ATTACK AND KEEP OUTSIDE ARM FREE.	FLOW TOWARD - CONTAIN THE BALL.
"F" BLOCK - ATTACK THE TACKLE, RIPPING THRU HIS OUTSIDE.	DOWN BLOCK - ATTACK STRAIGHT AHEAD.	FLOW AWAY - FOLD BEHIND THE LOS CHECKING FOR CUTBACK.
DOWN BLOCK - ATTACK STRAIGHT AHEAD	OUT BLOCK - ATTACK STRAIGHT AHEAD.	
OUT BLOCK - ATTACK STRAIGHT AHEAD	SCOOP BLOCK (FLOW AWAY) - WORK QUICKLY TO THE STRONG "A" GAP.	
SCOOP BLOCK (FLOW AWAY) - WORK QUICKLY TO THE WEAK "A" GAP	FOLD BLOCK - ATTACK INSIDE THE FOLD.	
FOLD BLOCK - ATTACK INSIDE THE FOLD		

ALIGNMENT, KEYS, AND RUN RESPONSIBILITIES BY FRONTS

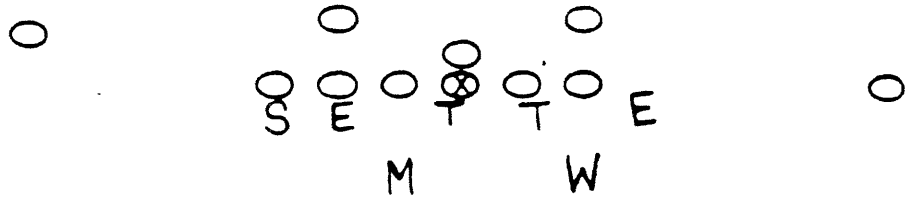
FRONT: SWIM



<p>POSITION: <u>SAM</u></p> <p>ALIGNMENT: 4 YARDS OFF LOS. HEAD UP WITH STRONG TACKLE.</p> <p>KEY: BACK IN FB POSITION - KEY FB. NO BACK IN FB POSITION - KEY STRONG TACKLE.</p> <p>RUN RESPONSIBILITY: IF THERE IS A BACK IN THE FULLBACK POSITION, KEY HIM AND SCRAPE IN THE DIRECTION OF FLOW.</p> <p>IF THERE IS NO BACK IN THE FULLBACK POSITION, PLAY ALL BLOCKING SCHEMES THE SAME AS OVER, KEYING THE STRONG TACKLE.</p>	<p>POSITION: <u>MIKE</u></p> <p>ALIGNMENT: 4 YARDS OFF LOS. HEAD UP WITH CENTER.</p> <p>KEY: BACK IN FB POSITION - KEY FB. NO BACK IN FB POSITION - KEY CENTER.</p> <p>RUN RESPONSIBILITY: IF THERE IS A BACK IN THE FULLBACK POSITION, KEY HIM AND SCRAPE IN THE DIRECTION OF FLOW.</p> <p>IF THERE IS NO BACK IN THE FULLBACK POSITION, PLAY ALL BLOCKING SCHEMES THE SAME AS 4-3, KEYING THE CENTER.</p>	<p>POSITION: <u>WILL</u></p> <p>ALIGNMENT: 4 YARDS OFF LOS. HEAD UP WITH WEAK TACKLE.</p> <p>KEY: BACK IN FB POSITION KEY FB. NO BACK IN FB POSITION WEAK TACKLE.</p> <p>RUN RESPONSIBILITY: IF THERE IS A BACK IN THE FULLBACK POSITION, KEY HIM AND SCRAPE IN THE DIRECTION OF FLOW.</p> <p>IF THERE IS NO BACK IN THE FULLBACK POSITION, PLAY ALL BLOCKING SCHEMES THE SAME AS UNDER, KEYING THE WEAK TACKLE.</p>
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ALIGNMENT, KEYS, AND RUN RESPONSIBILITIES BY FRONTS

FRONT: UNDER



POSITION: SAM

ALIGNMENT: ON THE LOS. HEAD UP
HEAD UP WITH TE.

KEY: TE TO NEAR BACK.

RUN RESPONSIBILITY:
BASE BLOCK - 2 GAP TE.

HOOK BLOCK - 2 GAP TE.

CUT-OFF BLOCK (FLOW AWAY) -
PLAY DOWN THE LOS, CHECKING
FOR BOOTLEG, REVERSE OR CUT
BACK.

DOWN BLOCK - JAM TE, COME
DOWN HARD OFF OF TE'S BUTT
UNDERNEATH THE BLOCK OF THE
BACK OR LINEMAN. TAKE ON
BLOCK WITH UP-FIELD SHOULDER.

EASY RELEASE - GET EYES BACK
INSIDE, KEY RUN AND CLOSE DOWN
THE LOS TAKING EVERYTHING ON
SHOULDER.

POSITION: MIKE

ALIGNMENT: 4 YARDS OFF LOS.
HEAD UP WITH STRONG GUARD.

KEY: STRONG GUARD TO NEAR BACK.

RUN RESPONSIBILITY:
BASE BLOCK - TAKE ON BASE BLOCK
WITH INSIDE SHOULDER.

CUT-OFF BLOCK (FLOW AWAY) -
PLAY ACROSS THE BLOCK AND FILL
BETWEEN THE D.T.'s.

SCOOP BLOCK (FLOW AWAY) - PLAY
ACROSS THE BLOCK AND FILL
BETWEEN THE D.T.'s.

DOWN BLOCK - STEP UP AND TAKE
EVERYTHING ON WITH THE INSIDE
SHOULDER.

OUT BLOCK - STEP UP AND TAKE
EVERYTHING ON WITH THE INSIDE
SHOULDER.

"IF" BLOCK - ATTACK TO PULL
THE BLOCK OFF THE D.E.

GUARD PULL - SCRAPE AND PLAY
INSIDE/OUT.

POSITION: WILL

ALIGNMENT: 4 YARDS OFF L
HEAD UP WITH WEAK TACK.

KEY: WEAK TACKLE. TO N
BACK.

RUN RESPONSIBILITY:
BASE BLOCK - TAKE ON THE
BLOCK WITH INSIDE SHOULDER.

CUT-OFF BLOCK (FLOW AWAY)
PLAY ACROSS THE BLOCK AND
FILL BETWEEN THE D.T.'s.

SCOOP BLOCK (FLOW AWAY)
PLAY ACROSS THE BLOCK AND
FILL BETWEEN THE D.T.'s.

DOWN BLOCK - STEP UP AND
EVERYTHING ON WITH THE
SHOULDER.

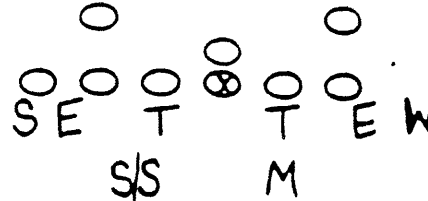
OUT BLOCK - STEP UP AND
EVERYTHING ON WITH THE
SHOULDER.

FOLD BLOCK - STEP UP AND
TAKE ON GUARD WITH THE
SHOULDER.

PULL BLOCK - SCRAPE IN
DIRECTION OF PULL AND P
INSIDE/OUT.

ALIGNMENT, KEYS, AND RUN RESPONSIBILITIES BY FRONTS

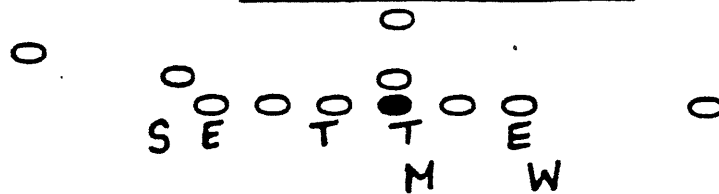
FRONT: 4-3 10



<p>POSITION: <u>SAM</u></p> <p>ALIGNMENT: ON THE LOS, 1 YARD OUTSIDE THE TIGHT END.</p> <p>KEY: TE TO NEAR BACK.</p> <p>RUN RESPONSIBILITY:</p> <p><u>FLOW TOWARD</u> - ATTACK AND TAKE EVERYTHING ON WITH INSIDE SHOULDER. CONTAIN THE FOOTBALL.</p> <p><u>FLOW AWAY</u> - PLAY DOWN THE LOS, CHECKING FOR BOOTLEG, REVERSE, OR CUTBACK.</p>	<p>POSITION: <u>MIKE</u></p> <p>ALIGNMENT: 4 YARDS OFF LOS. STACKED OVER WEAK GUARD.</p> <p>KEY: WEAK GUARD TO CENTER.</p> <p>RUN RESPONSIBILITY:</p> <p><u>FLOW TOWARD</u> - PLAY ACROSS ALL BLOCK ATTACKING FROM INSIDE/OUT.</p> <p><u>FLOW AWAY</u> - PLAY BEHIND THE D.T., CHECKING FOR CUTBACK UNLESS CENTER BLOCKS BACK AND WEAK GUARD PULLS STRONG. TACKLE WILL PLAY BEHIND FOR CUTBACK - YOU PLAY BALL INSIDE/OUT.</p>	<p>POSITION: <u>WILL</u></p> <p>ALIGNMENT: ON THE LOS. 2 YARD OUTSIDE WEAK TACKLE.</p> <p>KEY: WEAK TACKLE TO NEAR BACK.</p> <p>RUN RESPONSIBILITY:</p> <p><u>FLOW TOWARD</u> - ATTACK AND TAKE EVERYTHING ON WITH INSIDE SHOULDER. CONTAIN THE FOOTBALL.</p> <p><u>FLOW AWAY</u> - FALL BACK AND PLAY THE SAME AS 4-3.</p>
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ALIGNMENT, KEYS, AND RUN RESPONSIBILITIES BY FRONTS

FRONT: OVERSLIDE



POSITION: SAM

ALIGNMENT: VS. TWIN OR TWIN
FLOP - ON THE LOS, OUT-
SIDE EYE OF 2-BACK.
ALIGNMENT VARIES, DEPEND-
ING ON COVERAGE VS. TWIN
OPEN OR TWIN OPEN FLOP

KEY: 2-BACK TO NEAR LINEMAN

RUN RESPONSIBILITY:

FLOW TOWARD - ATTACH AND
TAKE EVERYTHING ON WITH
THE INSIDE SHOULDER.
CONTAIN THE FOOTBALL.

FLOW AWAY - PLAY DOWN
THE LINE AND CHECK FOR
BOOTLEG AND REVERSE.

POSITION: MIKE

ALIGNMENT: INSIDE LEG ON
THE OUTSIDE LEG OF THE
WEAK TACKLE.

KEY: THRU THE CENTER AND
GUARDS TO THE BACK.

RUN RESPONSIBILITY:

FLOW STRONG - WORK
BETWEEN THE TACKLES TO
THE BALL.

FLOW WEAK - WORK TO THE
BALL - INSIDE/OUT.

POSITION: WILL

ALIGNMENT: INSIDE LEG
THE OUTSIDE LEG OF THE
WEAK END.

KEY: WEAK GUARD TO BACK

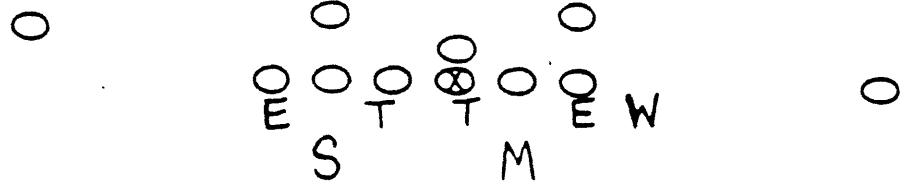
RUN RESPONSIBILITY:

FLOW STRONG - CHECK
CUTBACK AND WORK TO
THE BALL.

FLOW WEAK -
CONTAIN THE BALL.

ALIGNMENT, KEYS, AND RUN RESPONSIBILITIES BY FRONTS

FRONT: OVER



POSITION: <u>SAM</u>	POSITION: <u>MIKE</u>	POSITION: <u>WILL</u>
ALIGNMENT: 4 YARDS OFF LOS, HEAD UP WITH STRONG TACKLE.	ALIGNMENT: 4 YARDS OFF LOS, HEAD UP WITH WEAK GUARD.	ALIGNMENT: ON THE LOS, 2 OUTSIDE WEAK TACKLE.
KEY: STRONG TACKLE TO NEAR BACK.	KEY: WEAK GUARD TO NEAR BACK.	KEY: WEAK TACKLE TO NEAR
<p>RUN RESPONSIBILITY:</p> <p><u>BASE BLOCK</u> - TAKE ON BASE BLOCK WITH INSIDE SHOULDER.</p> <p><u>CUT-OFF BLOCK (FLOW AWAY)</u> - PLAY ACROSS THE BLOCK AND FILL BETWEEN THE D.T.'s.</p> <p><u>DOWN BLOCK</u> - STEP UP AND TAKE EVERYTHING ON WITH THE INSIDE SHOULDER.</p> <p><u>OUT BLOCK</u> - STEP UP AND TAKE EVERYTHING ON WITH THE INSIDE SHOULDER.</p> <p><u>FOLD BLOCK</u> - STEP UP AND TAKE ON GUARD WITH THE INSIDE SHOULDER.</p> <p><u>SCOOP BLOCK</u> - (FLOW AWAY) - PLAY ACROSS THE BLOCK AND FILL BETWEEN THE D.T.'s.</p> <p><u>PULL BLOCK</u> - SCRAPE IN DIRECTION OF PULL, INSIDE/OUT.</p> <p><u>"IF" BLOCK</u> - ATTACK TO PULL THE BLOCK OFF THE D.E.</p>	<p>RUN RESPONSIBILITY:</p> <p><u>BASE BLOCK</u> - TAKE ON BASE BLOCK WITH INSIDE SHOULDER.</p> <p><u>CUT-OFF BLOCK (FLOW AWAY)</u> - PLAY ACROSS THE BLOCK AND FILL BETWEEN THE D.T.'s.</p> <p><u>DOWN BLOCK</u> - STEP UP AND TAKE EVERYTHING ON WITH THE INSIDE SHOULDER.</p> <p><u>OUT BLOCK</u> - STEP UP AND TAKE EVERYTHING ON WITH THE INSIDE SHOULDER.</p> <p><u>SCOOP BLOCK (FLOW AWAY)</u> - PLAY ACROSS THE BLOCK AND FILL BETWEEN THE D.T.'s.</p> <p><u>GUARD PULL</u> - SCRAPE AND PLAY INSIDE/OUT.</p> <p><u>"IF" BLOCK</u> - ATTACK TO PULL THE BLOCK OFF THE D.E.</p>	<p>RUN RESPONSIBILITY:</p> <p><u>FLOW TOWARD</u> - ATTACK AT PROPER ANGLE AND TAKE EV THING ON WITH THE INSIDE SHOULDER. CONTAIN THE FOOTBALL.</p> <p><u>FLOW AWAY</u> - PLAY DOWN TH LOS, CHECKING FOR BOOTLE REVERSE, OR CUTBACK.</p>

1. **Down and Distance** - be in the game - look at chains, know the situation.
2. **Know the Defense** - everything starts here - if you are unaware you can't possibly execute your responsibility. Listen! See!
3. **Line up correctly** - be disciplined to use proper alignment - head up, outside shoulder. Be exact - proper depth. Don't guess.
4. **Make calls** - some of the other people on our defense depend solely on your call. Make the correct call - I'm off, I'm on - Change, etc.
5. **Adjust to formations** - in the NFL there has been an ever increasing use of multiple formations. Yards are being gained because of improper adjustments as mistakes defensively. Spend time studying multiple formations each week. **Prepare.**
6. **Stance** - as fatigue sets in or long yardage shows up, stances usually deteriorate. Bend from the waist, cover blocking area - don't elevate yourself on the snap. Poor stances limit even the most gifted athletes.
7. **Keys** - keys are simply an index to provide direction for you. Look at them closely as you watch film. Concentrate on them in games, be aware of cheats and stance variations.
8. **Reaction to key** - LB's get blocked on the first two steps. React immediately to key - attempt to clear blockers. Delayed reactions get you blocked.
9. **Disengage blockers** - this is the single most important item in stopping running plays. Use hands, shoulders, flippers - drop steps, etc. LB's who stay glued to blockers can't play.
10. **Pursuit** - this is all effort - get to ball - run, hustle, avoid traffic. Take correct angle - give yourself a chance. Be relentless on pursuit. LB's who won't pursue every play are liabilities rather than assets.
11. **Tackle** - run thru ball carrier, hit on the rise, lock your arms, don't relax. Avoid 2 way situation if possible. Keep head up.
12. **Ball Reaction** - the strength of zone pass defense is the ability to swarm to the intended receiver. All Linebackers must see the ball thrown and drive for it. Be in position to:
 - a. intercept the ball (possibly on a tip)
 - b. prevent the reception
 - c. make the tackle
 - d. block for a teammate's interception

LINEBACKER PHILOSOPHY

The following elements are necessary for successful individual and group effectiveness at the Linebacker position.

1. **Get in Condition** - all of the key ingredients for effective play specifically - concentration, pursuit, ability to play blockers, quickness in coverage - will disappear if you're not in condition.
2. **Prepare to Win** - everyone cares about winning, everyone says they want to win and most do - however, only those who prepare to win have a chance.
 - a. Condition
 - b. Practice habits and effort
 - c. Study defenses and film
3. **Concentration and Learning** - human nature is such that concentration and learning ceases when:
 - a. Attention or interest relax.
 - b. You feel you already know.
 - c. Your attention is somewhere else.
4. **Main Idea** - the idea on defense is still to get the guy with the ball. Some players forget this. Everything you do should be geared for that one thing.

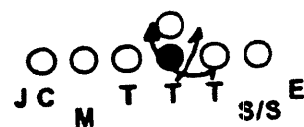
FUNDAMENTAL PRINCIPLES

1. Down and distance
2. Know the defense
3. Get lined up correctly
4. Make necessary calls
5. Make formation adjustments
6. Get in good stance
7. Read your key
8. React to key
9. Disengage blockers
10. Pursuit to ball
11. Tackle

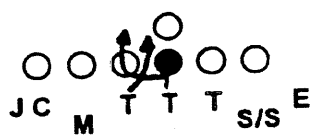
46 STUNTS



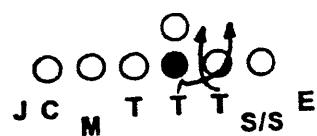
NUTS (ST) = NOSE FIRST



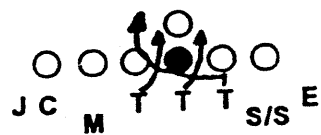
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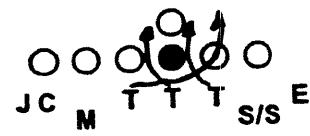
TAN (ST) = TACKLE FIRST



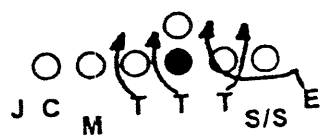
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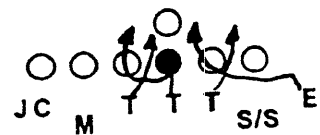
TITS (ST)



TITS (WK)

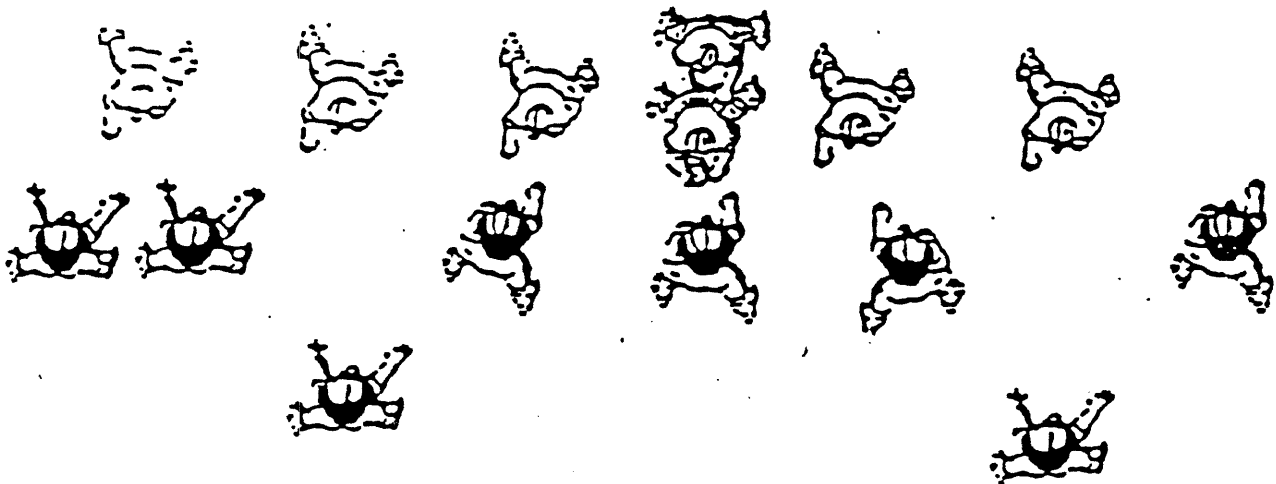


(WK) TACKLE TWIST



TAN (ST)(WK) TACKLE TWIST

46



POSITION	46 RUN RESPONSIBILITY	STIMULUS
LEFT TACKLE 3 Align on OG Jet Tech	TARGET: Outside Shoulder of OG (2/3) CHARGE: Jet. Big 1st Step. Penetrate AREA-RESP: Ball to...B Gap. Can't be Hooked Ricochet and Flatten out on Toss. Squeeze A Gap vs. Turnout. DWN BLK = Trap! (Spill). Pull = Collision (OC/OT) Ball Away...Do Not Allow Jump Thru. Ricochet off OT. Flatten for Cutback	PRIMARY: OG, Movement, Ball SECONDARY: OG
STRONG TACKLE		
NOSE TACKLE 0 Align on Center Tough Tech	TARGET: Face Mask - to - Face Mask of Center CHARGE: 2 Gap. Hard Quick Blow with Hands Inside Lockout. AREA-RESP: Ball To or Away...Onside A Gap. Can't Be Hooked or Cut. Flatten Out and Cross Face. Can't Allow Center off LB's scoop. Hitback vs. Flat DBL Back Block. Hold Ground.	PRIMARY: Center, Movement, Ball SECONDARY: Cent Blocking Scheme
NOSE		
RIGHT TACKLE 3 Align on OG Jet Tech	TARGET: Outside Shoulder of OG (2/3) CHARGE: Jet. Big 1st Step. Penetrate AREA-RESP: Ball to...B Gap. Can't Be Hooked. Ricochet and Flatten Out on Toss. Squeeze A Gap vs. Turnout. DWN BLK = Trap! (SPILL). Pull = Collision (OC/OT) Ball away...Do Not Allow Jump Thru. Ricochet off OT. Flatten for cutback.	PRIMARY: OG, Movement, Ball SECONDARY: OG
WEAK TACKLE		
RIGHT END Loose 5 on OT Jet Tech	TARGET: 1 1/2 yard Outside and Upfield Outside Foot of OT CHARGE: Jet. Penetrate 1 yard deep. AREA RESP: Ball to...C Gap. Can't Be Hooked. Contain. Stay Outside Any Back, Outside Arm Free. DWN BLK = Trap! Close Upfield and Contain. Ball Away...Upfield, Look to Reverse, Boot and Close.	PRIMARY: Movement, Ball SECONDARY: OT
WEAK END		

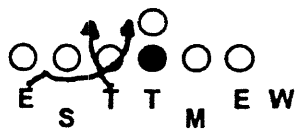
OVER STUNTS



NUTS (ST) = NOSE FIRST



TAN (ST) = TACKLE FIRST



(ST) = TACKLE TWIST



(WK) = TACKLE TWIST

UNDER STUNTS



NUTS (WK) = NOSE FIRST



TAN (WK) = TACKLE FIRST

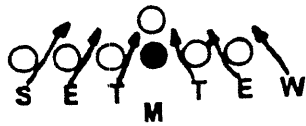


(ST) TACKLE TWIST

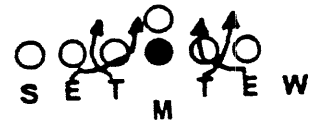


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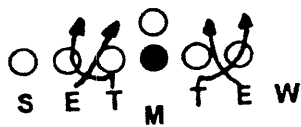
43 STUNTS



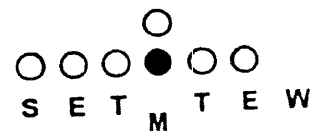
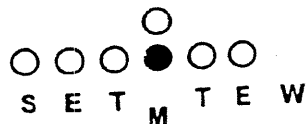
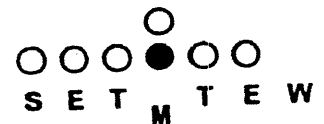
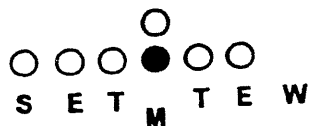
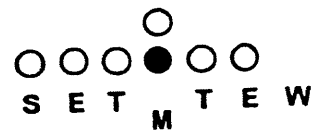
60 = (6 PINCH) BOTH TACKLES ,
BOTH ENDS, & SAM & WILL PINCH



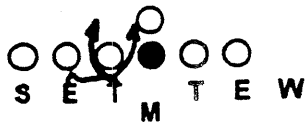
DBL TEX = TACKLES FIRST



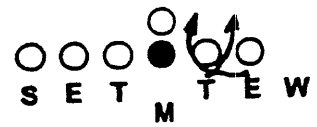
DBL ED = ENDS FIRST



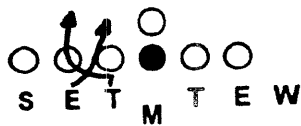
43 STUNTS



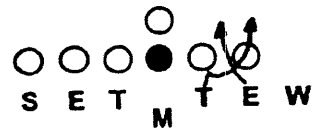
TEX (ST) = TACKLE FIRST



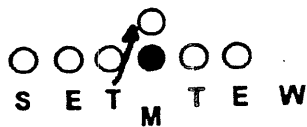
TEX (WK) = TACKLE FIRST



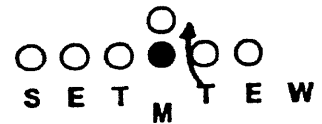
ED (ST) = END FIRST



ED (WK) = END FIRST



11 = STRONG TACKLE PINCH



12 = WEAK TACKLE PINCH



20 = BOTH TACKLES PINCH



40 = (4 PINCH) BOTH TACKLES AND BOTH ENDS PINCH

SWIM



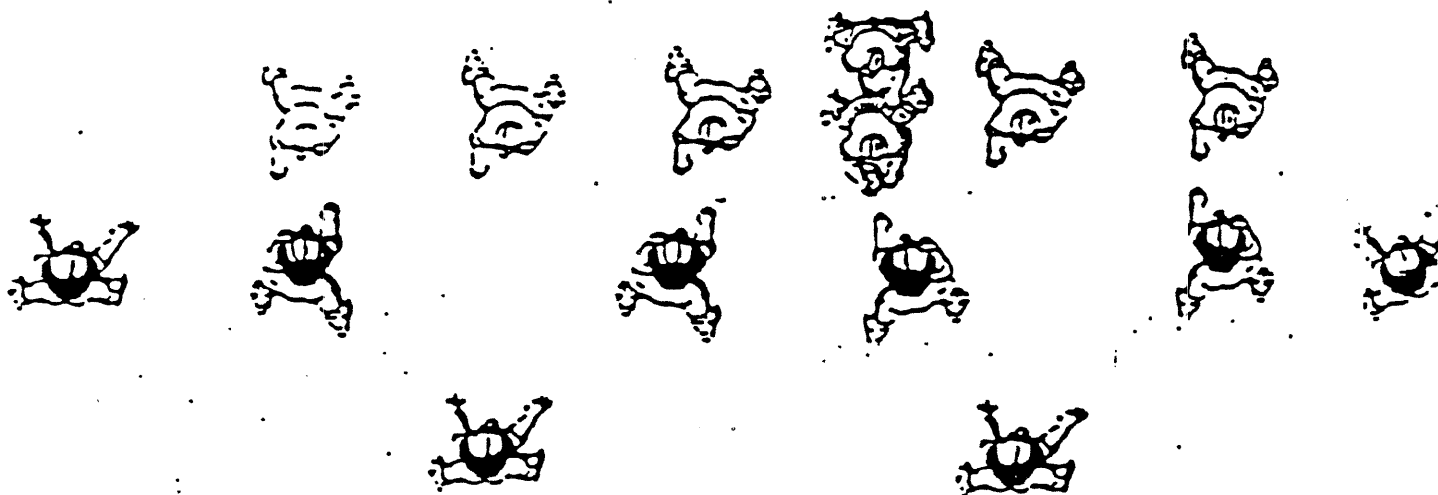
POSITION	SWIM RUN RESPONSIBILITY	STIMULUS
LEFT END 6 align on TE Tough Tech	TARGET: Face Mask - to - Face Mask of TE CHARGE: 2 Gap. Mismatch! Hard, Quick Blow with hands inside - Lockout. AREA RESP: Ball to... Hold 2 Gap. (7 yards of ground) - don't come off block until ball declares. Create Hard Corner. Play 0 Gap 1st. DWN BLK = Trap (Inside Arm) - Ball Away...Squeeze for Cutback	PRIMARY: TE Movement SECONDARY:
STRONG END		
LEFT TACKLE 2 Align on OG Tough Tech	TARGET: Face Mask - to - Face Mask of OG CHARGE: 2 Gap. Hard, Quick Blow with hands inside - Lockout. AREA-RESP: Ball to...Hold 2 Gap. (A/B) No release on Mike, Inside or Out. DWN BLK = Trap! (Spill). Pull = Collison (OC/OT). Cross Face - Ball Away...Cross Face and Cutback.	PRIMARY: OG, Movement. Ball SECONDARY: OG Blocking Scheme
STRONG TACKLE		
RIGHT TACKLE 2 Align on OG Tough Tech	TARGET: Face Mask - to - Face Mask of OG CHARGE: 2 Gap. Hard, Quick Blow with hands inside - Lockout. AREA-RESP: Ball to...Hold 2 Gap. (A/B) No release on Mike, Inside or Out. DWN BLK = Trap! (Spill). Pull = Collison (OC/OT). Cross Face - Ball Away...Cross Face and Cutback.	PRIMARY: OG, Movement. Ball SECONDARY: OG Blocking Scheme
WEAK TACKLE		
RIGHT END Loose 5 on OT Jet Tech	TARGET: 1 1/2 yard Outside and Upfield Outside Foot of OT CHARGE: Jet. Penetrate 1 yard deep. AREA RESP: Ball to...C Gap. Can't Be Hooked. Contain. Stay Outside Any Back, Outside Arm Free. DWN BLK = Trap! Close Upfield and Contain. Ball Away...Upfield, Look to Reverse, Boot and Close.	PRIMARY: Movement, Ball SECONDARY: OT.
WEAK END		

UNDER



POSITION	UNDER RUN RESPONSIBILITY	STIMULUS
LEFT END 4 align on OT Tough Tech	TARGET: Face Mask - to - Face Mask of TE CHARGE: 2 Gap. Hard, Quick Blow with hands inside - Lockout. AREA RESP: Ball to... Hold C Gap. Can't be hooked. Squeeze B Gap vs. Turnout. OT DWN BLK = TRAP! (Block Up) Deep Course by OG = BIM (Upfield). OT Outside Pull = Collision (TE). Ball Away... OT Pulls = Upfield vs. Slip: Fight Across. Don't Let OT Off Squeeze B. Cutback	PRIMARY: OT Movement, Ball SECONDARY: OT Blocking Scheme
STRONG END LEFT TACKLE Shade Align on OC Jet Tech	TARGET: Outside Shoulder of Center (2/3) CHARGE: Jet. Big 1st Step. Penetrate AREA-RESP: Ball to...A Gap. Can't be Hooked Ricochet and Flatten out on Toss. Squeeze A Gap vs. Turnout. DWN BLK = Trap! (Spill). Ball Away...Do Not Allow Jump Thru. Ricochet off OG. Flatten for Cutback	PRIMARY: OC, Movement, Ball SECONDARY: OC
STRONG TACKLE RIGHT TACKLE 3 Align on OG Jet Tech	TARGET: Outside Shoulder of OG (2/3) CHARGE: Jet. Big 1st Step. Penetrate AREA-RESP: Ball to...B Gap. Can't Be Hooked. Ricochet and Flatten Out on Toss. Squeeze A Gap vs. Turnout. DWN BLK = Trap! (SPILL). Pull = Collision (OC/OT) Ball away...Do Not Allow Jump Thru. Ricochet off OT. Flatten for cutback.	PRIMARY: OG, Movement, Ball SECONDARY: OG
WEAK TACKLE RIGHT END Loose 5 on OT Jet Tech	TARGET: 1 1/2 yard Outside and Upfield Outside Foot of OT CHARGE: Jet. Penetrate 1 yard deep. AREA RESP: Ball to...C Gap. Can't Be Hooked. Contain. Stay Outside Any Back, Outside Arm Free. DWN BLK = Trap! Close Upfield and Contain. Ball Away...Upfield, Look to Reverse, Boot and Close.	PRIMARY: Movement, Ball SECONDARY: OT,
WEAK END		

OVER-4



POSITION	OVER-4 RUN RESPONSIBILITY	STIMULUS
LEFT END 6 align on TE, Tough Tech	TARGET: Face Mask - to - Face Mask of TE CHARGE: 2 Gap. Mismatch! Hard, Quick Blow with hands inside - Lockout. AREA RESP: Ball to... Hold 2 Gap. 7 yards of ground - don't come off block until ball declares. Create Hard Corner. Play 0 Gap 1st. DWN BLK = Trap (Inside Arm). Ball Away...Squeeze for Cutback.	PRIMARY: TE Movement SECONDARY:
STRONG END		
LEFT TACKLE 3 Align on OG Jet Tech	TARGET: Outside Shoulder of OG (2/3) CHARGE: Jet. Big 1st Step. Penetrate AREA-RESP: Ball to...B Gap. Can't be Hooked Ricochet and Flatten out on Toss. Squeeze A Gap vs. Turnout. DWN BLK = Trap! (Spill). Pull = Collision (OC/OT). Ball Away...Do Not Allow Jump Thru. Ricochet off OT. Flatten for Cutback	PRIMARY: OG, Movement, Ball SECONDARY: C
STRONG TACKLE		
RIGHT TACKLE Shade Align on OC Jet Tech	TARGET: Outside Shoulder of Center (2/3) CHARGE: Jet. Big 1st Step. Penetrate AREA-RESP: Ball to...A Gap. Can't Be Hooked. Ricochet and Flatten Out on Toss. Squeeze A Gap vs. Turnout. DWN BLK = Trap! (SPILL). Do Not Allow Jump Thru. Ball away...Ricochet off OG. Flatten for cutback.	PRIMARY: OC, Movement, Ball SECONDARY: C
WEAK TACKLE		
RIGHT END 4 align on OT Jet Tech	TARGET: Face Mask - to - Face Mask of OT CHARGE: 2 Gap. Hard Quick Blow with Hand Inside - Lockout. AREA RESP: Ball to... Hold C Gap. (3 yards of ground) Can't be hooked. Squeeze B Gap vs. Turnout. OT DWN BLK = Trap! (Blow up) Deep Course by OG = BIM (Upfield) OT Outside Pull = Collision (Crack). Ball Away...OT Pulls, Upfield, vs. Slip: Fight Across. Don't let OT off Squeeze B Cutback.	PRIMARY: OT Movement, Ball SECONDARY: C Blocking Scheme
WEAK END		

OVER-10



POSITION

OVER-10 RUN RESPONSIBILITY

STIMULUS

LEFT END

6 align on TE,
Tough Tech

TARGET: Face Mask - to - Face Mask of TE
CHARGE: 2 Gap. Mismatch! Hard, Quick Blow with hands inside - Lockout.
AREA RESP: Ball to... Hold 2 Gap. 7 yards of ground - don't come off block until ball declares. Create Hard Corner. Play 0 Gap 1st. DWN BLK = Trap (Inside Arm). Ball Away...Squeeze for Cutback.

PRIMARY: TE Movement

SECONDARY:

STRONG END

LEFT TACKLE

3 Align on OG
Jet Tech

TARGET: Outside Shoulder of OG (2/3)
CHARGE: Jet. Big 1st Step. Penetrate
AREA-RESP: Ball to...B Gap. Can't be Hooked Ricochet and Flatten out on Toss. Squeeze A Gap vs. Turnout. DWN BLK = Trap! (Spill). Pull = Collision (OC/OT). Ball Away...Do Not Allow Jump Thru. Ricochet off OT. Flatten for Cutback

PRIMARY: OG, Movement, Ball
SECONDARY: OG

STRONG TACKLE

RIGHT TACKLE

Shade Align on OC
Jet Tech

TARGET: Outside Shoulder of Center (2/3)
CHARGE: Jet. Big 1st Step. Penetrate
AREA-RESP: Ball to...A Gap. Can't Be Hooked. Ricochet and Flatten Out on Toss. Squeeze A Gap vs. Turnout. DWN BLK = Trap! (SPILL). Do Not Allow Jump Thru. Ball away...Ricochet off OG. Flatten for cutback.

PRIMARY: OC, Movement, Ball
SECONDARY: OC

WEAK TACKLE

RIGHT END

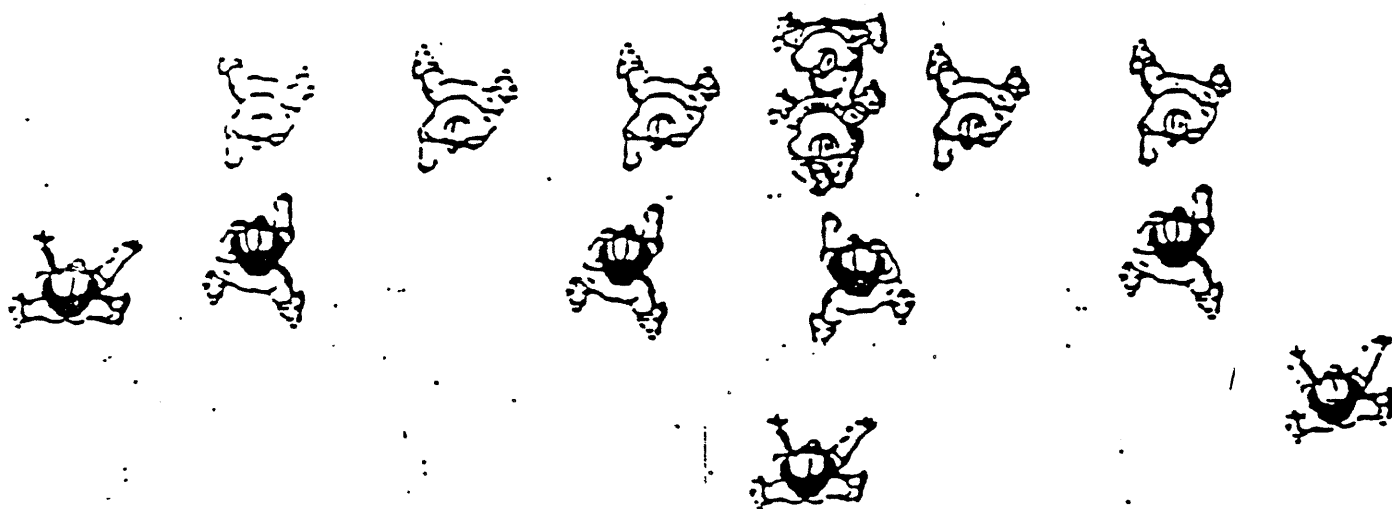
4 align on OT
Jet Tech

TARGET: Face Mask - to - Face Mask of OT
CHARGE: 2 Gap. Hard Quick Blow with Hand Inside - Lockout.
AREA RESP: Ball to... Hold C Gap. (3 yards of ground) Can't be hooked. Squeeze B Gap vs. Turnout. OT DWN BLK = Trap! (Blow up) Deep Course by OG = BIM (Upfield) OT Outside Pull = Collision (Crack). Ball Away...OT Pulls, Upfield, vs. Slip: Fight Across. Don't let OT off Squeeze B Cutback.

PRIMARY: OT Movement, Ball
SECONDARY: OT, Blocking Scheme

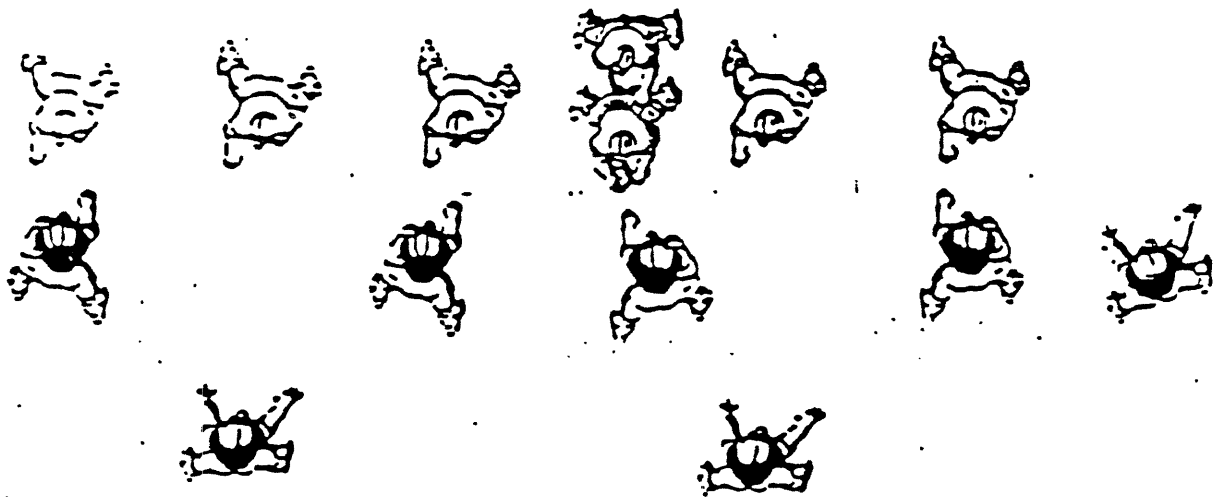
WEAK END

OVER-SLIDE



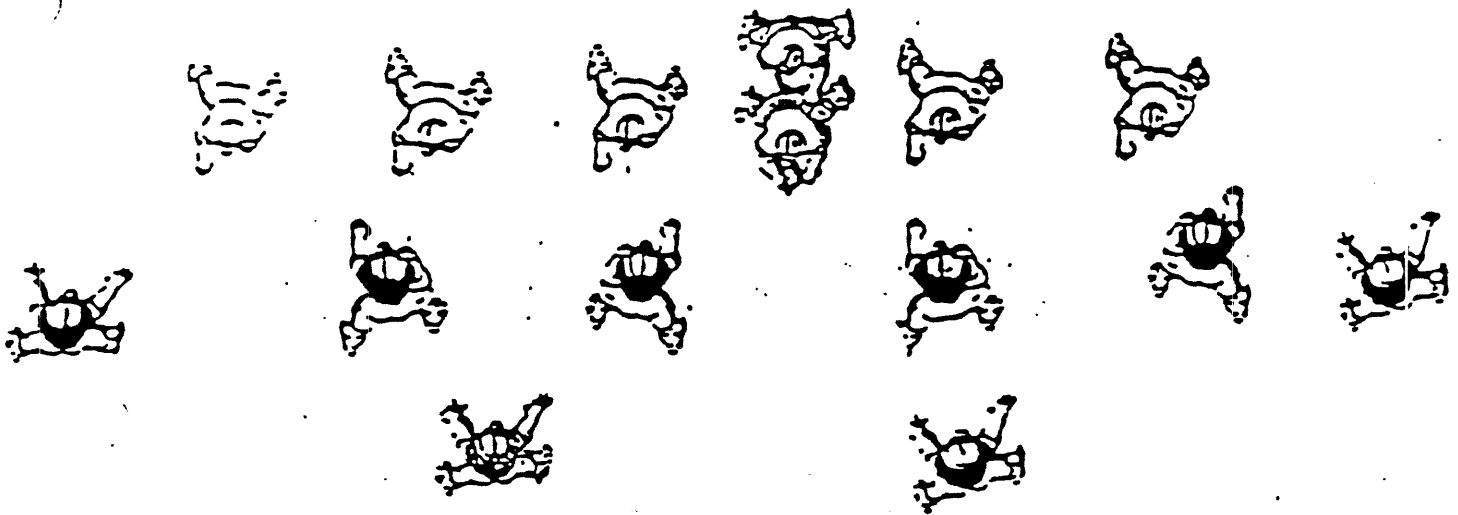
POSITION	OVER-SLIDE RUN RESPONSIBILITY	STIMULUS
LEFT END 6 align on TE, Tough Tech	TARGET: Face Mask - to - Face Mask of TE CHARGE: 2 Gap. Mismatch! Hard, Quick Blow with hands inside - Lockout. AREA RESP: Ball to... Hold 2 Gap. 7 yards of ground - don't come off block until ball declares. Create Hard Corner. Play 0 Gap 1st. DWN BLK = Trap (Inside Arm). Ball Away...Squeeze for Cutback.	PRIMARY: TE Movement SECONDARY:
STRONG END LEFT TACKLE 3 Align on OG Jet Tech	TARGET: Outside Shoulder of OG (2/3) CHARGE: Jet. Big 1st Step. Penetrate AREA-RESP: Ball to...B Gap. Can't be Hooked Ricochet and Flatten out on Toss. Squeeze A Gap vs. Turnout. DWN BLK = Trap! (Spill). Pull = Collision (OC/OT). Ball Away...Do Not Allow Jump Thru. Ricochet off OT. Flatten for Cutback	PRIMARY: OG, Movement, Ball SECONDARY: OC
STRONG TACKLE RIGHT TACKLE Shade Align on OC Jet Tech	TARGET: Outside Shoulder of Center (2/3) CHARGE: Jet. Big 1st Step. Penetrate AREA-RESP: Ball to...A Gap. Can't Be Hooked. Ricochet and Flatten Out on Toss. Squeeze A Gap vs. Turnout. DWN BLK = Trap! (SPILL). Do Not Allow Jump Thru. Ball away...Ricochet off OG. Flatten for cutback.	PRIMARY: OC, Movement, Ball SECONDARY: OC
WEAK TACKLE RIGHT END 4 align on OT Jet Tech	TARGET: Face Mask - to - Face Mask of OT CHARGE: 2 Gap. Hard Quick Blow with Hand Inside - Lockout. AREA RESP: Ball to... Hold C Gap. (3 yards of ground) Can't be hooked. Squeeze B Gap vs. Turnout. OT DWN BLK = Trap! (Blow up) Deep Course by OG = BIM (Upfield) OT Outside Pull = Collision (Crack). Ball Away...OT Pulls, Upfield, vs. Slip: Fight Across. Don't let OT off Squeeze B Cutback.	PRIMARY: OT Movement, Ball SECONDARY: OC Blocking Scheme
WEAK END		

OVER



POSITION	OVER RUN RESPONSIBILITY	STIMULUS
LEFT END 6 align on TE, Tough Tech	TARGET: Face Mask - to - Face Mask of TE CHARGE: 2 Gap. Mismatch! Hard, Quick Blow with hands inside - Lockout. AREA RESP: Ball to... Hold 2 Gap. 7 yards of ground - don't come off block until ball declares. Create Hard Corner. Play 0 Gap 1st. DWN BLK = Trap (Inside Arm). Ball Away...Squeeze for Cutback.	PRIMARY: TE Movement SECONDARY:
STRONG END		
LEFT TACKLE 3 Align on OG Jet Tech	TARGET: Outside Shoulder of OG (2/3) CHARGE: Jet. Big 1st Step. Penetrate AREA-RESP: Ball to...B Gap. Can't be Hooked Ricochet and Flatten out on Toss. Squeeze A Gap vs. Turnout. DWN BLK = Trap! (Spill). Pull = Collision (OC/OT). Ball Away...Do Not Allow Jump Thru. Ricochet off OT. Flatten for Cutback	PRIMARY: OG, Movement, Ball SECONDARY: OG
STRONG TACKLE		
RIGHT TACKLE Shade Align on OC Jet Tech	TARGET: Outside Shoulder of Center (2/3) CHARGE: Jet. Big 1st Step. Penetrate AREA-RESP: Ball to...A Gap. Can't Be Hooked. Ricochet and Flatten Out on Toss. Squeeze A Gap vs. Turnout. DWN BLK = Trap! (SPILL). Do Not Allow Jump Thru. Ball away...Ricochet off OG. Flatten for cutback.	PRIMARY: OC, Movement, Ball SECONDARY: OC
WEAK TACKLE		
RIGHT END 4 align on OT Jet Tech	TARGET: Face Mask - to - Face Mask of OT CHARGE: 2 Gap. Hard Quick Blow with Hand Inside - Lockout. AREA RESP: Ball to... Hold C Gap. (3 yards of ground) Can't be hooked. Squeeze B Gap vs. Turnout. OT DWN BLK = Trap! (Blow up) Deep Course by OG = BIM (Upfield) OT Outside Pull = Collision (Crack). Ball Away...OT Pulls, Upfield, vs. Slip: Fight Across. Don't let OT off Squeeze B Cutback.	PRIMARY: OT Movement, Ball SECONDARY: OT, Blocking Scheme
WEAK END		

43-10



POSITION

43-10 RUN RESPONSIBILITY

STIMULUS

LEFT END

Wide 5 align on OT
Jet Tech

TARGET: TE, Looking to OT
CHARGE: Wide Jet. 1st Step to TE
AREA RESP: Ball to... Hold C Gap. Can't be hooked
Squeeze B Gap vs. Turnout. OT. DWN BLK = Trap!
(Spill) Deep course by O.G. = BIM (Upfield). OT
outside pull = collision (TE) Ball away...upfield,
look to BCR. Exchange vs. Slip.

PRIMARY: OT
Movement, Ball
SECONDARY:
Blocking Scheme

STRONG END

LEFT TACKLE

2 Align on OG
Tough Tech

TARGET: Face Mask - to Face Mask of OG
CHARGE: 2 Gap, hard, quick blow with hands
inside-lockout.
AREA-RESP: Ball to...Hold 2 Gap. (A/B). No
release on Mike, Inside or Out. DWN BLK = Trap!
(SPILL). PULL = Collision (OC/OT)
Ball away...cross face and cutback.

PRIMARY: OG,
Movement, Ball

SECONDARY:
Blocking Scheme

STRONG TACKLE

RIGHT TACKLE

2 Align on OG
Tough Tech

TARGET: Face Mask - to Face Mask of OG
CHARGE: 2 Gap, hard, quick blow with hands
inside-lockout.
AREA-RESP: Ball to...Hold 2 Gap. (A/B). No
release on Mike, Inside or Out. DWN BLK = Trap!
(SPILL). Pull = Collision (OC/OT)
Ball away...cross face and cutback.

PRIMARY: OG,
Movement, Ball

SECONDARY:
Blocking Scheme

WEAK TACKLE

RIGHT END

Wide 5 align on OT
Jet Tech

TARGET: Outside shoulder of OT
CHARGE: Jet. Big 1st Step. Penetrate
AREA RESP: Ball to... Hold C Gap. Don't be hooked
Squeeze B Gap vs. Turnout. OT. DWN Blk = Trap!
(Spill) Deep course by O.G. = BIM (Upfield). OT
Outside pull = Collision (Crack) Ball away...
upfield, look to B.C.R. Exchange with Will vs.
Slip Block

PRIMARY: OT
Movement, Ball

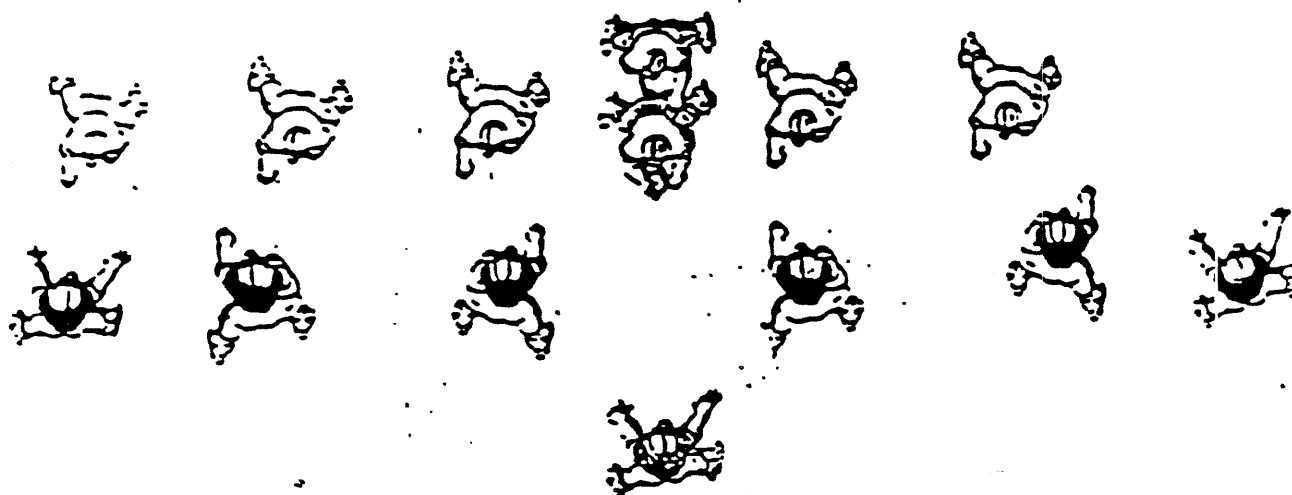
SECONDARY:
Blocking Scheme

WEAK END

43-4



POSITION	43-4 RUN RESPONSIBILITY	STIMULUS
LEFT END Wide 5 align on OT Jet Tech	TARGET: TE, Looking to OT CHARGE: Wide Jet. 1st Step to TE AREA RESP: Ball to... Hold C Gap. Can't be hooked Squeeze B Gap vs. Turnout. OT. DWN BLK = Trap! (Spill) Deep course by O.G. = BIM (Upfield). OT outside pull = collision (TE) Ball away...upfield, look to BCR. Exchange vs. Slip.	PRIMARY: OT Movement, Ball SECONDARY: OT, Blocking Scheme
STRONG END		
LEFT TACKLE 2 Align on OG Tough Tech	TARGET: Face Mask - to Face Mask of OG CHARGE: 2 Gap, hard, quick blow with hands inside-lockout. AREA-RESP: Ball to...Hold 2 Gap. (A/B). No release on Mike, Inside or Out. DWN BLK = Trap! (SPILL). PULL = Collision (OC/OT) Ball away...cross face and cutback.	PRIMARY: OG, Movement, Ball SECONDARY: OG Blocking Scheme
STRONG TACKLE		
RIGHT TACKLE 2 Align on OG Tough Tech	TARGET: Face Mask - to Face Mask of OG CHARGE: 2 Gap, hard, quick blow with hands inside-lockout. AREA-RESP: Ball to...Hold 2 Gap. (A/B). No release on Mike, Inside or Out. DWN BLK = Trap! (SPILL). Pull = Collision (OC/OT) Ball away...cross face and cutback.	PRIMARY: OG, Movement, Ball SECONDARY: OG Blocking Scheme
WEAK TACKLE		
RIGHT END Wide 5 align on OT Jet Tech	TARGET: Outside shoulder of OT CHARGE: Jet. Big 1st Step. Penetrate AREA RESP: Ball to... Hold C Gap. Don't be hooked Squeeze B Gap vs. Turnout. OT. DWN Blk = Trap! (Spill) Deep course by O.G. = BIM (Upfield). OT Outside pull = Collision (Crack) Ball away... upfield, look to B.C.R. Exchange with Will vs. Slip Block	PRIMARY: OT Movement, Ball SECONDARY: OT, Blocking Scheme
WEAK END		



POSITION	43 RUN RESPONSIBILITY	STIMULUS
LEFT END Wide 5 align on OT Jet Tech	TARGET: TE, Looking to OT CHARGE: Wide Jet. 1st Step to TE AREA RESP: Ball to... Hold C Gap. Can't be hooked Squeeze B Gap vs. Turnout. OT. DWN BLK = Trap! (Spill) Deep course by O.G. = BIM (Upfield). OT outside pull = collision (TE) Ball away...upfield, look to BCR. Exchange vs. Slip.	PRIMARY: OT Movement, Ball SECONDARY: Blocking Scher
STRONG END		
LEFT TACKLE 2 Align on OG Tough Tech	TARGET: Face Mask - to Face Mask of OG CHARGE: 2 Gap, hard, quick blow with hands inside-lockout. AREA-RESP: Ball to...Hold 2 Gap. (A/B). No release on Mike, Inside or Out. DWN BLK = Trap! (SPILL). PULL = Collision (OC/OT) Ball away...cross face and cutback.	PRIMARY: OC Movement, Bal SECONDARY: Blocking, Scher
STRONG TACKLE		
RIGHT TACKLE 2 Align on OG Tough Tech	TARGET: Face Mask - to Face Mask of OG CHARGE: 2 Gap, hard, quick blow with hands inside-lockout. AREA-RESP: Ball to...Hold 2 Gap. (A/B). No release on Mike, Inside or Out. DWN BLK = Trap! (SPILL). Pull = Collision (OC/OT) Ball away...cross face and cutback.	PRIMARY: O Movement, Ba SECONDARY Blocking Sche
WEAK TACKLE		
RIGHT END Wide 5 align on OT Jet Tech	TARGET: Outside shoulder of OT CHARGE: Jet. Big 1st Step. Penetrate AREA RESP: Ball to... Hold C Gap. Don't be hooked Squeeze B Gap vs. Turnout. OT. DWN Blk = Trap! (Spill) Deep course by O.G. = BIM (Upfield). OT Outside pull = Collision (Crack) Ball away... upfield, look to B.C.R. Exchange with Will vs. Slip Block	PRIMARY: O Movement, B SECONDARY Blocking Sche
WEAK END		

16. Strip tackle the QB - - don't miss. If you have a blind side shot or the passer is in the grip of your teammate, then tackle the ball and shake it loose.
17. As you drive through the protector, keep your eyes on the passer, so if he decides to break, you can break with him.
18. If two protectors set up to take you, go through the outside one.
19. If you miss grab, hit or butt, keep working to get penetration.
20. Use a power rush if blocker is giving ground.
21. Use a counter move if blocker is meeting you on the line.
22. Don't fade if an offensive back or lineman tries to drive you out. You pressure him and rip through his outside.
23. After a pass is thrown, turn and sprint toward the ball.
24. Knock off any screen receiver, if you sense such a maneuver.
25. Hustle on all screens to make the tackle. You can make a lot of plays of this type.
26. If you are zoned blocked when gaming, the first man should grab the blocker on you and keep on penetrating to passer.
27. Beat the blocker, before you zero in on the passer.

PASS RUSH RULES

1. You do more rushing of the passer than any other single maneuver on defense. This is one of the most important parts of your defensive play.
2. Have a plan (pre-determine your move). Picture the maneuver in your mind before the snap. This will aid your quickness.
3. Learn all the pass give-aways you can.
4. Get off quick and actively.
5. Jam any potential receiver you can reach without going out of your path.
6. Get your hands on the blocker as quickly as you can.
 - a. Use a firm grip.
 - b. Grab arm in the direction of the move.
 - c. Grasp outside of the shoulder
 - d. Use arm and hand for a body slam.
 - e. Use butt move with your head up. Use both hands to grab.
7. Be under control. Keep the feet moving. (VERY IMPORTANT).
8. Get penetration at all costs.
9. Keep your feet. Fight hard to do this.
10. Stay in your lane.
11. Use one good move.
12. Get rid of the blocker quickly.
13. You have under three seconds to get to the passer.
14. Force the QB to move. Destroy his natural rhythm.
15. Get your hands up if QB is looking your way; otherwise, keep rushing.

General Coaching Points

1. If surprised by pass - always go to Bull Rush. Hands Inside!
2. Know down/distance and field situation.
3. Once ball is thrown, spring in direction of throw.
4. Strip tackle the QB. If you have a blind side shot or the passer is in the grip of your teammate, tackle the ball and shake it loose.
5. Two is the maximum number of counter moves that can be used to effectively pass rush.
6. Use limp leg and hands versus 3 step chop blocking. Get Hands Up!
7. Have planned sequence for the use of your moves during the game.
8. Ends force QB up while Tackles force QB back.

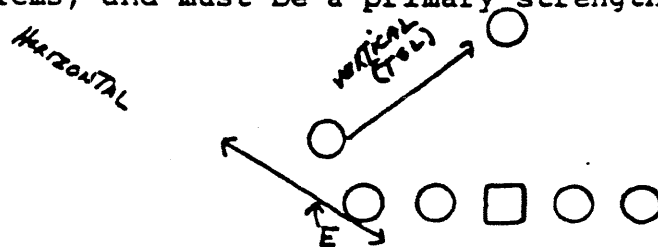
Defensive End Pass Rush Techniques from Race Position

1. Speed - Outside - Rush intended to defeat tackle who is slow getting to intercept point on TSL. (Horizontal and vertical problem).
 - a. Get target point of aim to Breaking Point. See ball to get off quickly and then refocus.
 - b. CLOSE GROUND on tight arc maintaining back plane leverage.
 - c. When in working area, execute escape to reduce body surface as you clear blocker (Shoulder dip, grab and swim, or rip).
2. Speed Counter - Inside - Rush intended to defeat tackle who has trouble getting to TSL in time, crosses feet, or over kicks. (Vertical and horizontal problem)
 - a. Get target point of aim to Breaking Point. Simulate first steps of Outside Speed Move.
 - b. CLOSE GROUND on tight arc maintaining back plane leverage.
 - c. Make smooth change of direction with cross over step as vertical as possible.
 - d. When in working area, execute escape to reduce body surface. (Shoulder dip, grab and swim, or rip)
3. Bull Rush - Rush intended to establish your physical dominance over tackle. Effective versus tackles outside (Vertical problem)
 - a. Get target point of aim to Breaking Point. Simulate first steps of outside speed move.
 - b. CLOSE GROUND to midnumber point of aim.
 - c. Maintain body leverage as you close and deliver helmet blow/double hand shiver. Hands Inside.
 - d. Bench Press and GRAB CLOTH while maintaining leg drive.
 - e. Release blocker as he forces QB to Bring ball down to scramble, or raise hands if QB throws in your direction.

Elements of Successful Defensive End Pass Rush

Defensive End pass rush can occur from a wider range of alignments. Tight alignment pass rushes will mirror those of the defensive tackle while keeping in mind contain responsibilities. Race alignment rushes will cause the distance to be closed between the rushes and blocker to be increased. Effective speed rushes from the race position will cause the offensive tackle to react more quickly and be more susceptible to counter moves. Effective rush is accomplished by creating problems vertically or horizontally along the Tackle Set Line (TSL). The Breaking Point (BP) is that point at which the DE must decide to go in or out.

Speed rushing creates the maximum in vertical and horizontal problems, and must be a primary strength for defensive ends.



1. Have a pre-determined move in mind.
2. Get to sprinter's stance - narrow base, adjust foot stagger, hand underneath head, weight adjusted. Cock in to have peripheral view of ball. Keep shoulders low to help maintain body plane.
3. Move on movement - refocus on blocker or target point of aim (Breaking Point). Make mental note on tackle's ability to get to TSL.
4. CLOSE GROUND to QB/BLOCKER. Maintain back plane leverage and hold move until in working area.
5. DESTROY BLOCKER'S BODY ANGLES! Alter angles at hips, knees, and ankles. (Bull Rush)
6. DEFEAT BLOCKER'S FOOTWORK AND SHOULDERS! (Speed Rush)
7. Reduce your body surface available to blocker as you clear blocker. (Swim or Rip escape)
8. Keep moving in tight arc to QB. Make decision at Breaking Point to go in or out. Make moves as vertical as possible. Keep contain!
9. If initial move is blocked, CLOSE ROUND AGAIN and Bull Rush. If ridden beyond, CLOSE GROUND AGAIN and Bull Rush. If ridden beyond 7-9 yard mark, spin underneath to get in throwing lane.

4. Bull and Throw - Rush to take advantage of blocker's over commitment horizontally to Bull Rush. (Vertical and horizontal problem)
 - a. CLOSE GROUND to either inside or outside shoulder.
 - b. Maintain body leverage and deliver helmet blow and target side hand shiver. (One Hand Inside!)
 - c. Grab outside handle with off hand.
 - d. Utilizing blocker's momentum, throw blocker in direction of target shoulder.
 - e. Change directions while maintaining maximum vertical progress - deliver underarm rip to reduce body surface and clear blocker.
5. Jab and Club - Rush to take advantage of blocker's over-commitment on first step. (Horizontal problem)
 - a. Jab in fake direction with near foot.
 - b. Head and shoulder fake along with first step.
 - c. Step vertically with second step and deliver club with that arm.
 - d. Use swim or rip with other arm to clear blocker.
 - e. Make Third step as vertical as possible.
6. Speed - Rushes intended to defeat blocker who is slow in moving to position themselves between rushes and QB. (Vertical and horizontal problem)
 - a. Get target point of aim - inside or outside. Adjust alignment as much as defensive scheme will allow.
 - b. Spring to CLOSE GROUND while maintaining good body leverage.
 - c. When in working area utilize shoulder dip, grab and swim, or rip to reduce body surface to clear blocker.
(Quick hop around may be used from head up alignment.)

Defensive Tackle Pass Rush Techniques

1. Bull Rush - Rush to establish your physical dominance of blocker. Goal is to drive blocker back into QB's throwing area. Success with this rush will cause blocker to over commit at LOS. (Vertical problem)
 - a. CLOSE GROUND to midnumber point of aim or either shoulder.
 - b. Maintain body leverage as you close and deliver helmet blow/double hand shiver. Hands Inside!
 - c. Bench Press and GRAB CLOTH while maintaining leg drive.
 - d. Release blocker as he forces QB to Bring ball down to scramble, or raise hands if QB throws in your direction.
2. Bull and Swim - Rush to take advantage of blocker's over commitment forward at LOS. (Vertical problem)
 - a. CLOSE GROUND to mid-number point of aim.
 - b. Maintain body leverage as you close and deliver helmet blow/double hand shiver. Hands Inside!
 - c. Bench Press and GRAB CLOTH! Jerk either shoulder while releasing opposite hand.
 - d. Maintain vertical progress while stepping behind blocker as you throw opposite arm past blocker.
 - e. Finish by driving elevated arm down behind blocker's body.
3. Bull and Rip - Rush to take advantage of blocker's elevated shoulder. May be used when unable to GRAB CLOTH. (Vertical problem)
 - a. CLOSE GROUND to either inside or outside shoulder.
 - b. Maintain body leverage as you close and deliver helmet blow/double hand shiver.
 - c. Bench press and LOCK target shoulder arm.
 - d. Maintain vertical progress - deliver underarm rip while maintaining extended push in target shoulder.
(Spin move will come off of this rush)

1. It's to your advantage to widen your position slightly or drive directly upfield to avoid immediate contact with blocker. You are sprinting to a point and attempting to defeat your opponent's poor footwork and quickness. The ideal time to exploit this is on an inside blitz.
2. Jerk blocker towards L.O.S. simultaneously stepping away from him on the side you intend to escape.
3. A quick head fake inside your initial move is often effective.

C. Counter

This move is opposite the throw. You are faking a rush and pulling the blocker toward you and the L.O.S. It is designed to defeat a blocker that sets toward you or to L.O.S. Good against pop and recoil type, aggressive control or one who gets his head down and his weight committed forward.

1. Fake an inside or out rush with a strong hand grab on the shoulder pads - good head fake important.
2. Jerk blocker towards L.O.S. simultaneously stepping away from him on side you intend to escape.

D. Swim

Charge to the blocker's outside and grab and pull his shoulder with your outside hand. Simultaneously with this pull, reach over his shoulder with your inside arm and catapult yourself free from his block in the direction of the passer.

1. An inside head fake is a good combination as it is an even more effective technique if the blocker is leaning away from your move.
2. Along with the reaching technique, the rusher should combine a quick thrust.

E. Head Butt

This is the only pass rush technique that permits the rusher to ever take his eyes off the passer. The rusher changes into the blocker and with a dip-like move he drive his helmet into the mask of his opponent. Simultaneously with the impact, he grabs the blocker's shoulder with both hands and makes either an inside or an outside move to the passer.

1. This move is the only one which permits the rusher to deliver a blow and still have immediate use of both hands.
2. This is a good move against a "holder."
3. Occasionally this technique will rock the blocker onto his heels and he is easily driven back into the passer.

3. **SET & CUT**

Generally employed by shorter players - often used on short passes and as a change of pace for the overpowering type rusher and arm swiper. The use of the hands in pulling this blocker aside or head faking with a pull is effective. A rusher should jump or limp-leg this blocker occasionally. Always strive to get one leg over the cut block to insure maximum recoverability.

4. **AGGRESSIVE**

This is a butt block used on play action passes. The fake of a run to disguise the pass holds the defender momentarily; however, the blocker generally is over extended and easily pulled or thrown off balance.

5. **QUICK ACTION**

An aggressive head block through the groin designed to tie up the legs and keep the hands down on short passes. This technique is susceptible to quick pull or jumping over blocker.

PASS RUSH TECHNIQUES

The techniques described below are the ones that are commonly used. These techniques will serve as a guide for you. However, utilize your own initiative and develop your own style, or whatever will make you an effective pass rusher.

1. **DEFENSIVE LINE**

A. **Shoulder Drive**

Strong surge over outside shoulder of offensive lineman. It is designed to defeat the rider type blocker that lacks strength or sets inside too much. This is an all-out assault to whip your man physically, and must be your first technique because it sets your man up for all other escape moves.

1. No head fakes, pulls or throws, but simply a power thrust at the point where the QB sets up.
2. Force the blocker back into the QB.
3. Once you have been successful you have forced the blocker to commit his strength to stop you. He is ready for the fake shoulder drive and throw off - shoulder, arm and hand swipe.
4. It is vital that the inside shoulder is forward and under the blocker and hold your leverage and momentum throughout the drive.

B. **Quick Drive**

This is a speed escape designed to outrun the blocker that sets inside too much, has slow footwork or crosses over to engage the rusher. Should also be used when QB does not step back up into the pocket to give blocker advantage.

BASIC FUNDAMENTALS

Regardless of the technique you use, there are basic fundamentals that are vital in order to be effective.

1. Anticipation of a pass determined by field position and down and distance.
2. Immediate pass recognition predicated on offensive movement.
3. Quickness and decisiveness on your initial move.
4. Coordination of the hands, feet and head movements.
5. Try to pin the blocker down quickly and free yourself to get to the passer - (Exception: shoulder drive)
6. Keeping your momentum towards the passer without lost motion. We must get penetration into the throwing zone and force the passer to move from the pocket - divert his attention.
7. Keeping your shoulders forward of the feet to prevent blocker from getting under you.
8. Keep your eyes on the passer while your hands, head and feet get you there.
9. If you have not reached the passer, get the hands up as he starts to throw to block the ball, force elevation of throw or make him pull it down and run.
10. Once the ball is thrown, sprint in direction of throw to block for an interception return; in case of a short pass, get in on a cleanup tackle or recover a fumble.
11. If you are blocked out of your lane, stop and work back thru your lane.

Work on strengthening the hands and arms daily. This will make you more effective with your hand grabs, swipes, pulls and throws. Whatever your physical traits may be - mental toughness, pride and desire to excel have no peer.

TECHNIQUES OF PASS BLOCKING

1. **RIDER**
Blocker uses the rusher's reactions and momentum to keep him out of the pocket. He relies on his balance, maneuverability and use of his hands to ward off hand grabs. He is most susceptible to the shoulder and quick drive, with a counter move off of each.
2. **POP & RECOIL**
This technique is used to stop the overpowering type player. It is an aggressive head block from the numbers up under the chin and recoiling back to position for a follow up, pop, cut or ride. He is susceptible to the pull and swipe. Quickness in getting by this type blocker before he can regain his recoil position is important.

THE PASSING GAME" -- IT IS HERE THE BREAKS ARE MADE

The winning edge goes to the team that controls the line of scrimmage.

1. DRIVING FOR THE PASSER

- A. Squeeze his area of operation
- B. Force him closer to another rusher.
- C. Do not give him time for 2nd choice receivers.
- D. Force him out of his throwing area.
- E. Force him to throw on the move.
- F. Divide his concentration by forcing him to be conscious of your presence.
- G. Force him to run.
- H. Throw him for a loss.
- I. Cause him to fumble.
- J. Make him jittery getting away from center and throwing quickly.
- K. Make him lose confidence in his protection.

2. GETTING THE HANDS UP

- A. Divert Quarterback's attention.
- B. Bat the ball down.
- C. Tip it for an interception.
- D. Force a bad throw.
- E. Force QB to pull down and run.
- F. Force elevation of throw - Give secondary more time for adjusting more range for easy interception.
- G. Throw off his timing by forcing him to step up or back in order to find daylight to throw the ball.

3. WHAT CAN HAPPEN AFTER THE BALL GETS BY THE RUSHERS

- A. Thrown off target.
- B. Batted away from receivers.
- C. Dropped by receiver - or knocked loose by defender.
- D. Fumble after catch.
- E. Intercepted and run back.
- F. Clothes Lining - Any receiver that comes within reach of any rusher of pass defender to destroy his pattern or cause him to be listening for footsteps and in general disturbing his concentration. This should definitely be one of our more aggressive attitudes toward our opponent's passing game.

Few Linemen are endowed with all the desirable traits to be an outstanding football player, but even fewer ever accomplished a great deal without a strong desire to improve through hard work and dedication. As much time should be spent developing your techniques as an offensive player spends. It is amazing how hard work can compensate for an individual's physical limitation.

TECHNIQUES OF PASS RUSHING

Most pass rushing techniques are individual techniques developed through "trial and error" in hours of practice game situations. The main ingredient is the desire of the pass rusher to destroy the passer.

Only aggressive players who have the pride and intensity to see a job completed can expect to be successful pass rushers. Several techniques are given later as a guide in helping a player develop his own pass rushing technique.

OUR DEFENSES AND THEIR VARIATIONS

1. **COORDINATED DEFENSES** - Our basic defense with change-ups will be the strength of our defense. The defenses are designed to give us a good solid defense against all kinds of runs and passes.
2. **BLITZING DEFENSES** - A series used primarily to give us a strong rush versus the pass and strong penetration versus the run. Different alignments may be employed.
3. **SHORT YARDAGE AND GOAL LINE DEFENSES.** - A Series that will give us maximum front line strength.
4. **2 - MINUTE DEFENSE** - A series that will give us maximum pass coverage with emphasis on the pass.

PASS RUSH TECHNIQUES

MENTAL APPROACH - PRESSURE ON THE PASSER - The determination of the pass rush exemplifies the spirit and aggressiveness of a strong defensive team. To lead the league in sacks is the chief goal of every defensive line in the league. The two most prominent factors in obtaining this goal are: (1) the combined effort of a consistent defensive line rush, and (2) a highly effective blitz effort on the part of our Linebackers. To continue our effectiveness, we must develop an even more fanatical desire to get to the passer. You must develop an attitude of **never letting up**.

Remember: The tempo of a football game is established by the play of the defensive line.

THEORY OF DEFENSIVE LINE PLAY

GENERAL VIEWPOINTS

Whether the emphasis is on reading, penetrating, or blitzing, the defensive player is taught sound, basic defensive fundamentals, namely a good stance, a strong attack, or effective neutralizing blow, an escape technique and a persistent pursuit angle. We definitely believe in the **five essentials of good defensive line play**:

1. Stance - (Somewhat Neutral)
2. Attack - (Defensive Disposition)
3. Neutralize - Control
4. Escape - (Quickness - Strength)
5. Pursuit - (Get Your Shot)

Regardless of what type of defense we may use, we will always emphasize five cardinal points.

BREAKDOWN OF THE ESSENTIALS OF GOOD DEFENSIVE LINE PLAY VS. THE RUNNING GAME

1. **STANCE** - The proper body position and weight distribution that a defensive lineman must have to enable him to make quick powerful movement in any direction with ease.
2. **ATTACK** - A player's ability to meet the charge of the blocker in a good fundamental position.
3. **NEUTRALIZE** - The defensive "blow" delivered to neutralize an opponent's charge in order to maintain control.
4. **ESCAPE** - The ability (quick and violent manner) with which you control and/or shed the blocker.
5. **PURSUIT** - The proper path and effort made to intercept the ball carrier.

PRINCIPLES OF RUSHING THE PASSER

1. A pass defense is only as good as its pass rush.
2. The ability to apply devastating power to blockers, to get them out of control and to throw them aside is essential to a good pass rush.
3. Only second efforts will do the job.
4. At last instant, raise arms high and force passer to throw out of "well."
5. Get reputation of being hard to throw over - knock at least one pass down per game.

6. **KNOW THE SITUATION**

Make the Big Play! On every play be conscious of what the offense must accomplish to maintain possession of the ball. This is the single most important factor in playing tactically sound defense. Force the offense to lose confidence in their game plan. Force bad play situations that constantly make your opponents change their game plan. Rise to the occasion on the "Big Down"; Do not allow your opponent to maintain ball possession.

7. **BE INVOLVED**

- A. Check the yard markers for the down and distance and know the yard line. Is the opponent in a normal, long, or short yardage situation? What plays do they favor?
- B. Remind your teammates of the opponent's special plays; draw, screen, reverse, fake punt, etc.
- C. Anticipate different sets. Be prepared for "Checks" and know audible calls in the game plan.
- D. Know the perimeter call and how it applies to the formation, and to the responsibilities versus the run.
- E. Know the field position. Is it 4th down territory, attack zone, red zone? What does the scouting report emphasize, run or pass?
- F. Eliminate easy yardage by your opponent. Know your proper alignment. Use and execute the proper technique relative to your responsibilities. Do not get penalized.
- G. Know the score and how the time relates to the style of play necessary to win.
- H. Know the effects of the weather and the playing surface on the game and situations as they develop.
- I. Maintain favorable field position for our offense. Prevent the long run or pass. Allow no big plays. Force your opponent to make the critical mistake.
- J. Force turnovers. Score on defense. You can give us the margin of victory by one of the following:
 - 1. A fumble - force it and/or recover it.
 - 2. Block a kick - the special effort in blocking a PAT or field goal that gives the necessary margin of victory.
 - 3. Intercept a pass.
 - 4. Safety
 - 5. Punt block - you can advance a blocked punt that does not cross the L.O.S.
 - 6. Punt return - either for a touchdown or for big yardage setting up a touchdown.
 - 7. React to what you see, don't guess!!

8. **A DEFINITION TO REMEMBER**

PURSUIT - The "winning" edge in football. Pursuit is nothing more than each player getting to the football, and making the tackle, as quickly as possible. The backbone of great defensive football teams is outstanding pursuit. The defensive line will be the best pursuers in the league.

A Defensive Line's worth to a defensive football team is directly proportionate to his distance from the football.

PRINCIPLES OF EMPHASIS

1. BE A WINNER

Have a burning desire to win. Believe in your abilities to win and have confidence in the belief that your teammates share your desire to win. The best motivator for success, or winning, is attitude. Attitude affects performance, successful performance is winning.

2. BE A LEADER

- A. Be a go-getter and a self-starter.
- B. Know your weaknesses work to overcome them. Admit mistakes and correct them. **Be your own worst critic.**
- C. Know your weaknesses and continue to improve on them.
- D. Recognize the contributions that others make - encourage them and acknowledge them. **Positive mental attitudes win.**
- E. Find glory in team victory.
- F. Believe in your coaches, your teammates, and yourself.

3. BE IN BETTER PHYSICAL CONDITION

Winning football players are physically tough. They are far better conditioned than their opponents. If the game is tied, or close, in the 4th quarter, a Arizona Cardinal football player knows they will win. **Fatigue makes cowards of us all.**

4. BE IN BETTER MENTAL CONDITION

The ultimate key to victory is every individual knowing, and executing, **his responsibilities.** You will know you assignment to perfection and know the responsibilities of all the defensive linemen and linebackers to your side. Know the capabilities of your individual teammates and your opponents. Take pride in every defensive call and make them work by your execution. Do not second guess and question - **Winners Execute.**

5. DEVELOP A DEFENSIVE ATTITUDE

Remember, defense is a state of mind.

- A. Defensive linemen will play fanatical, fired up defense for four quarters of each game of the season.
- B. Defensive linemen will overcome errors with fanatical motivation.
- C. Be an intelligent fanatic.
- D. Have fanatical team morale. Love for your teammates, your coaches, and for the Arizona Cardinals.

Eliminating the opponent's offense from making "big plays" is critical to winning defensive football. The proper execution by the defensive lineman will result in the defensive football team containing the opposing offense's big play capabilities. The defensive lineman must concentrate on every aspect of his assignment. Not only must the Defensive line play with discipline but they must be effectively drilled in the proper techniques. These coordinated qualities will result in the execution of the responsibilities in the total defensive scheme, and ultimately championship football.

There is no substitution for aggressiveness and intensity. All Arizona Cardinal Defensive Linemen will develop and display the Defensive Attitude required to compete and win in the league. Each will be fierce, aggressive, and determined to never be blocked or never stay blocked. He will have a burning desire to make the tackle on every play. Defense, more than any other phase of football, succeeds or fails because of the mental and physical characteristics of the men who execute the techniques, rather than the techniques themselves. Defensive Attitude. It is this type of mental attitude which penetrates and motivates the play of a Winner. The Will To Win is sometimes more important than the Skill To Win.

Great defense is played with great physical aggressiveness. Great defense is played with great mental intensity. A Arizona Cardinal Lineman will possess the desire to hit, and above all else, the desire to be respected as a hitter. He must have the necessary concentration to read the offensive blocker so he will execute the proper reaction. The difference between a great defensive lineman and an average one is the ability to immediately diagnose the offensive play and to immediately execute the proper techniques.

A Arizona Cardinal defensive lineman will dedicate himself to Team Defense. He will never think of, or be motivated by, individual recognition - selfishness. He will believe in each individual game play, as well as the total season plan. He will believe in his teammates, in his coaches, and, most importantly, in himself. A Arizona Cardinal defensive lineman will play with absolute poise. Poise comes from concentration and the belief in your own individual abilities as well as those of your teammates. Champions react properly without hesitation and with the total belief and knowledge that they cannot be beaten.

A Arizona Cardinal Defensive lineman is a competitor. He is one who will fight with his last breath to properly execute his assigned responsibilities. A competitor is further characterized as one who:

1. Plays every play as if it meant the championship.
2. Has never given up and therefore has never been beaten mentally.
3. Makes the big play when his team needs it the most.
4. Plays up to, and beyond, his ability level on every play.
5. Is totally dedicated to winning.
6. Is never satisfied with his performance.
7. Keeps going when he is tired - He finds a way to win.
8. He pursues on every play as if a touchdown will be scored unless he makes the tackle.
9. Is aggressive and on the attack - never cautious
10. Likes to hit - he will be physically intimidating.
11. Is a leader - be it by performance, example, or vocal support and encouragement.

BASIC PHILOSOPHY

The Defensive Line Position for the Arizona Cardinals is a most difficult, yet immensely important, position as the play of the defensive line goes, so goes the play of the entire defensive unit. Solid and sound defensive line play maintains the strength and integrity of the entire defensive unit. Playing defensive line is a difficult assignment. The defensive lineman must apply instant recognition (mental learning) and intense physical reaction to numerous and varied offensive blocking schemes and offensive systems.

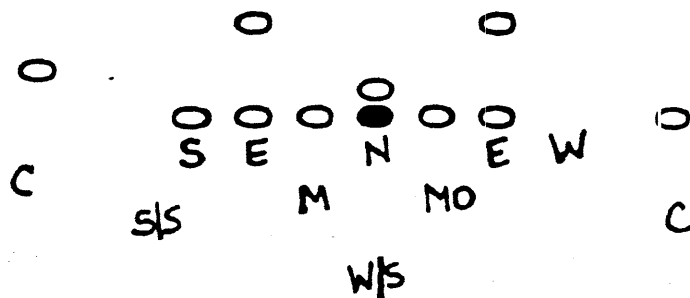
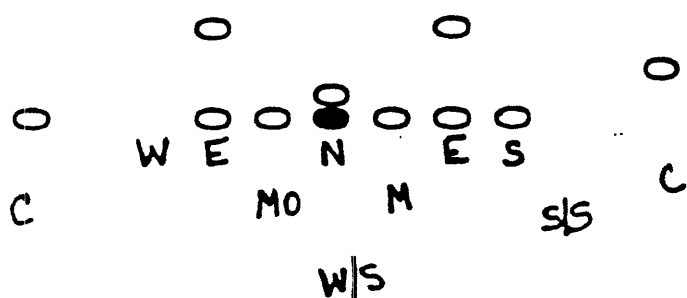
The individual's who play in the defensive line for the Arizona Cardinals will be challenged. It takes 11 people to win. In order to meet that challenge he must meet these 11 needs:

1. Be Quick: able to move from one spot to another with instant reaction.
2. Be a smooth, fluid athlete able to change direction.
3. Be flexible: a defensive lineman must maintain the proper leverage position on all blockers at all times.
4. Be physically tough and always eager for contact.
5. Be powerful and explosive in order to defeat and shed blockers and make tackles.
6. Be able to recognize offensive plays immediately and make an immediate and proper physical reaction.
7. Make the proper adjustments both physically and mentally, to varying and changing situations.
8. Be physically and mentally tough (consistency) to overcome adversity and perform under all circumstances.
9. Be able to concentrate under pressure.
10. Be football smart. Know down and distance tendencies, field position tendencies, formation tendencies, time remaining, or any other factors that will determine the offensive point of attack, or offensive philosophy.
11. Do what it takes to win.

The defensive lineman is involved in every phase of the game. He must function properly, and coordinate effectively, with the front seven in terms of run support and pass rush. He must be disciplined to execute responsibilities as they coordinate with the secondary in run support and pass coverage responsibilities.

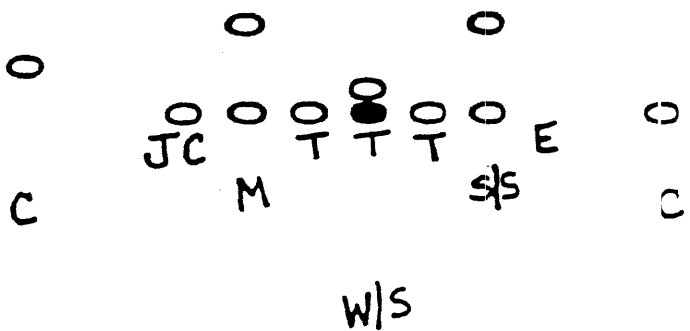
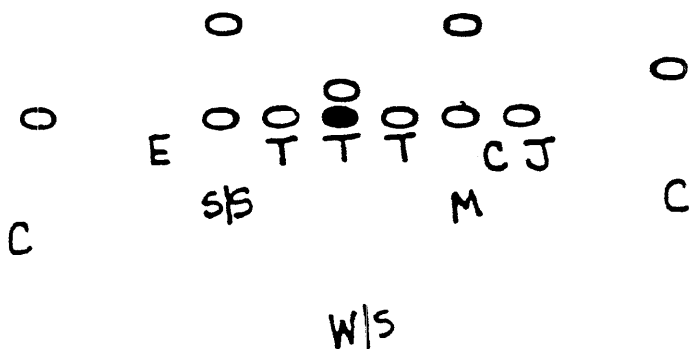
The position descriptions change slightly in the 34 defense and the 46 defense.
In the 34 defense, the position descriptions are:

LE - LEFT END	LC - LEFT CORNER
NT - NOSE TACKLE	S/S - STRONG SAFETY
RE - RIGHT END	W/S - WEAK SAFETY
WILL - RIGHT END	RC - RIGHT CORNER
SAM - LEFT LB'ER	
MIKE - MIDDLE LB'ER	
MO - RIGHT LB'ER	



In the 46 defense, the position descriptions are:

LT - TO BE DESIGNATED	LC - LEFT CORNER
NT - TO BE DESIGNATED	S/S - STRONG SAFETY
RT - TO BE DESIGNATED	W/S - WEAK SAFETY
END - TO BE DESIGNATED	RC - RIGHT CORNER
JACK - LEFT LB'ER	
CHARLEY - RIGHT LB'ER	
MIKE - MIDDLE LB'ER	



POSITION DESCRIPTIONS

4-3 (10)

O O O
 O W E T T O E S O
 C M \$S C
 W/S

4-3 (4)

O O O
 O W E T T O E S O
 C W/S M C
 \$S

OVER (10)

O O O
 O W E T T O E S O
 C M \$S C
 W/S

OVER (4)

O O O
 O W E T T O E S O
 C W/S M C
 \$S

O O O O O

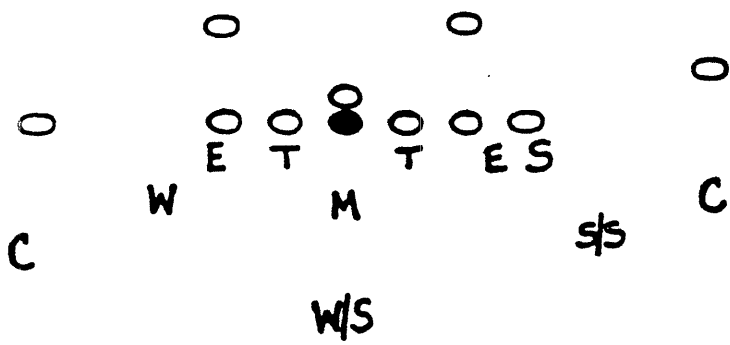
O O O O O

O O O O O

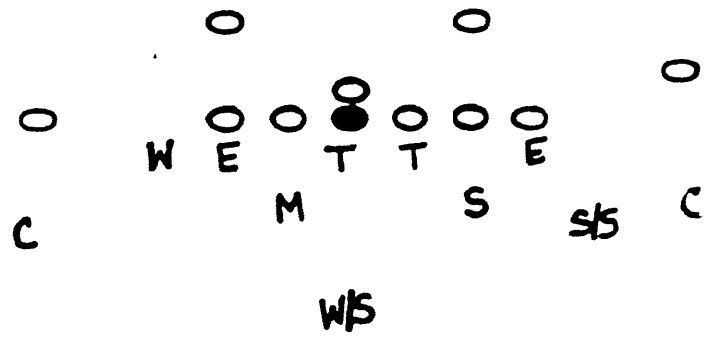
O O O O O

POSITION DESCRIPTIONS

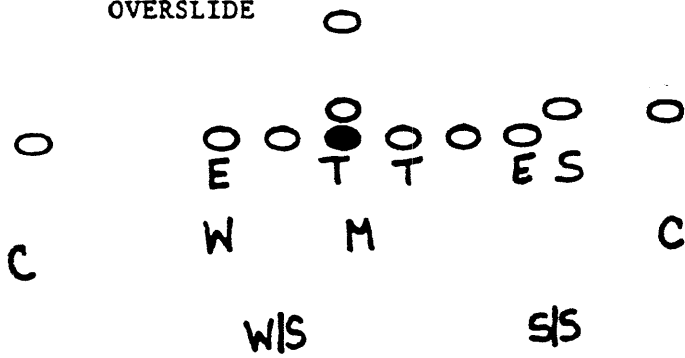
4-3



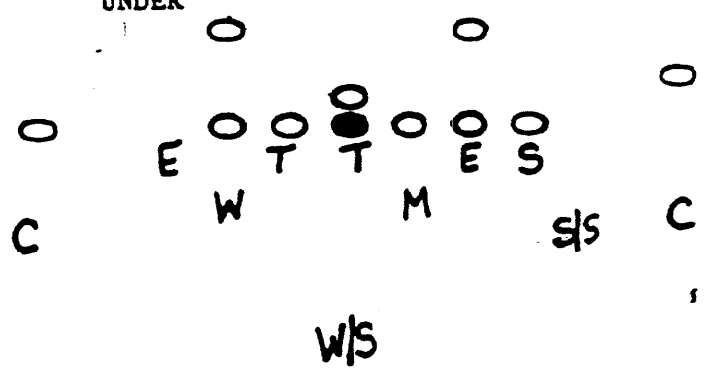
OVER



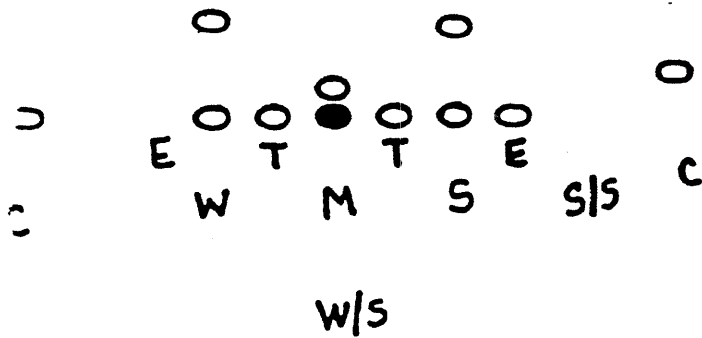
OVERSLIDE



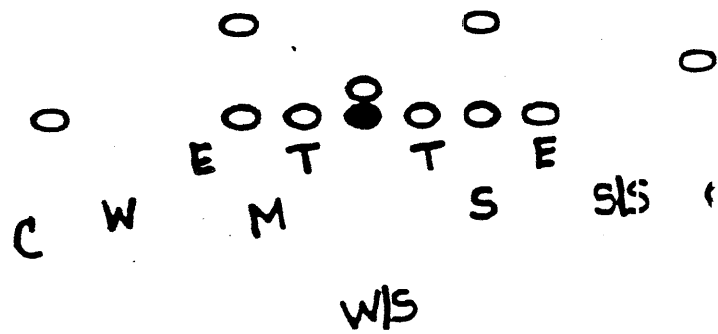
UNDER



SWIM



4-4



POSITION DESCRIPTIONS

Although there are many constants in the description of the different defensive positions, they will vary somewhat in the different packages that we run. You must know your position description in the different packages to communicate about the scheme.

You will be asked to play, at times, other positions; therefore, you must know the entire scheme assignments and know "who you are" within the scheme.

The position descriptions for all of our REGULAR (7-MAN FRONTS) and (10 and 4) 8-MAN FRONTS are the same. The variations are in the 46 FRONTS and the 34 FRONTS.

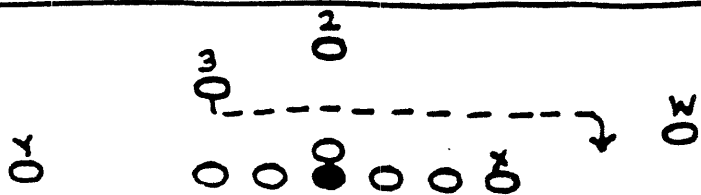
The REGULAR (7-MAN FRONTS) that are the same in terms of position descriptions are: 4-3

OVER
OVERSLIDE
UNDER
SWIM
4-4

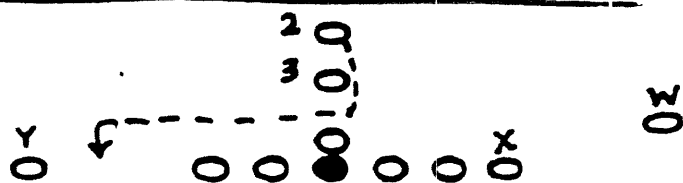
The (10 and 4) 8-MAN FRONTS that are the same in terms of position descriptions are: 4-3 (10) OVER (10)
4-3 (4) OVER (4)

The position descriptions for these fronts are:

LE - LEFT END	LC - LEFT CORNER
LT - LEFT TACKLE	S/S - STRONG SAFETY
RT - RIGHT TACKLE	W/S - WEAK SAFETY
RE - RIGHT END	RC - RIGHT CORNER
SAM - STRONG-SIDE LB'ER	
MIKE - MIDDLE LB'ER	
WILL - WEAK-SIDE LB'ER	



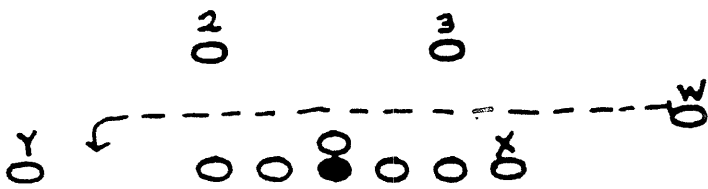
I UNDER RIGHT 3 MOTION



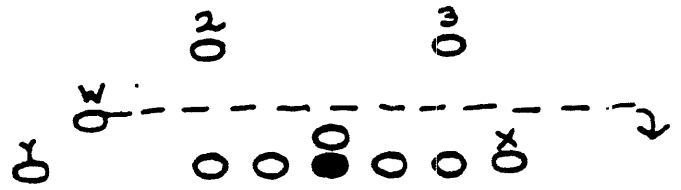
I RIGHT 2 DIVIDE



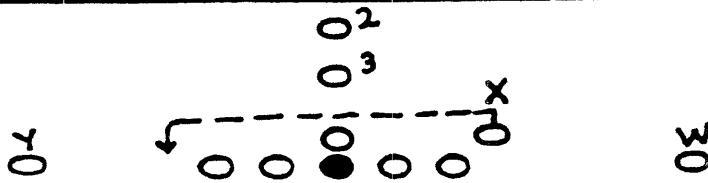
MOVEMENT RECOGNITION



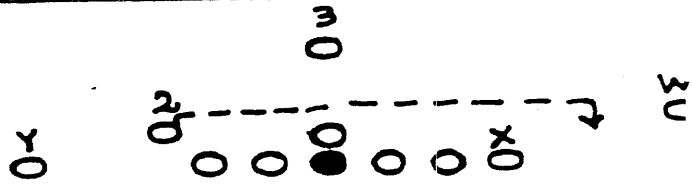
RED RIGHT WING DIVIDE



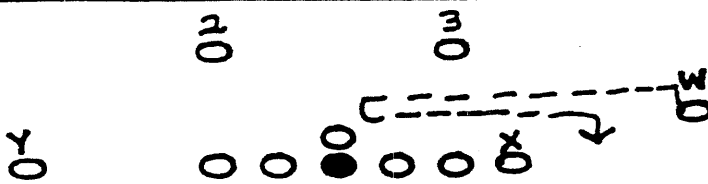
RED RIGHT FLOP WING MOTION



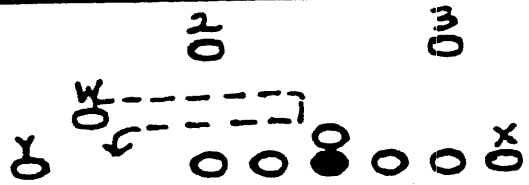
I RIGHT X DIVIDE



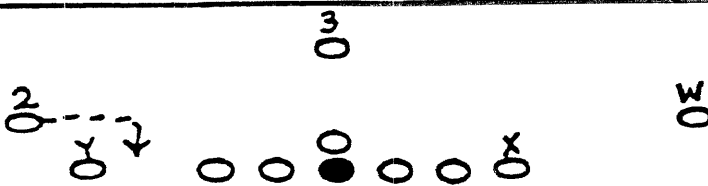
BROWN-UP RIGHT 2 MOTION



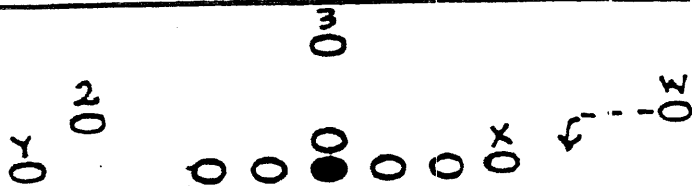
RED RIGHT WING DIVIDE/MOTION



RED RIGHT FLOP WING MOTION/DIVIDE



WHITE RIGHT EXCHANGE 2 SHORT MOTION



WHITE RIGHT WING SHORT MOTION

MOVEMENT RECOGNITION

Identifying the movement of wide receivers, tight ends, or backs is determined by the position of the "Move" man in relationship to the tight end.

DIVIDE - Any movement which is away from the TE's original alignment.

MOTION - Any movement which is toward the TE's original alignment.

DIVIDE/MOTION - Any movement which starts away from the TE's original alignment and then comes back toward the TE's original alignment.

MOTION/DIVIDE - Any movement which starts toward the TE's original alignment and then goes away from the TE's original alignment.

SHORT DIVIDE/SHORT MOTION - Any movement that is broken off short by the snap of the ball.

OPPONENT: _____

[illegible]

OPPONENT: _____

FORMATION	A.F.C.	BTF	48-COVERAGE	46-BTF
TWIN				
TWIN UNDER				
TWIN FLOP				
TWIN OPEN				
TWIN OPEN UNDER				
TWIN OPEN FLOP				
TWIN OPEN FLOP UNDER				
JAYHAWK				
JAYHAWK FLOP				
WHITE				
WHITE FLOP				
PINK				
ORANGE				

OPPONENT: _____

FORMATION	A.F.C.	BTF	46-COVERAGE	46-BTF
RED				
RED FLOP				
BROWN				
BROWN FLOP				
BROWN-UP				
BROWN-UP FLOP				
I				
I FLOP				
I OVER				
I OVER FLOP				
I UNDER				
I UNDER FLOP				
BLUE				
BLUE FLOP				

JAYHAWK PERSONNEL 221

(2 WR's/2 TE's/1BACK)

JAYHAWK LEFT

JAYHAWK LEFT 2 OFF

JAYHAWK LEFT FLOP 2 OFF

JAYHAWK RIGHT FLOP

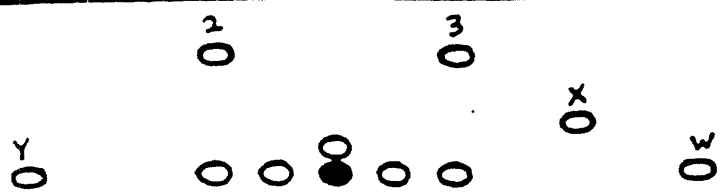
TWIN RIGHT

TWIN LEFT

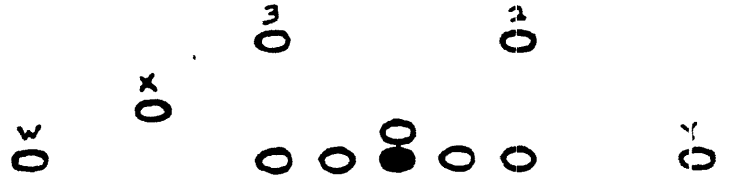
TWIN RIGHT FLOP

20 TWIN LEFT FLOP

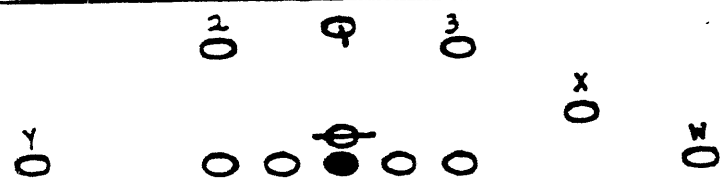
PINK PERSONNEL 302
(3 WR's/0 TE/2 BACKS)



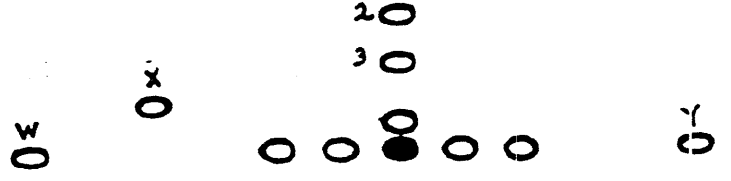
PINK RIGHT



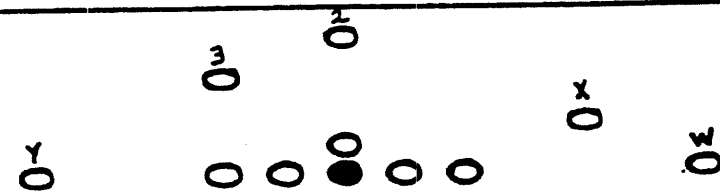
PINK LEFT



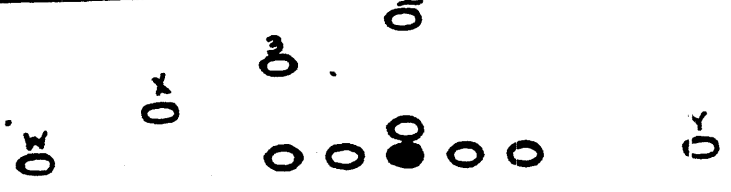
SPREAD PINK RIGHT



PINK I LEFT



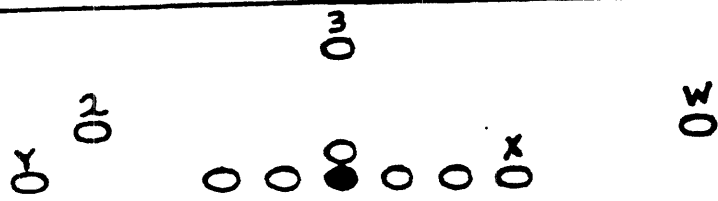
PINK I UNDER RIGHT



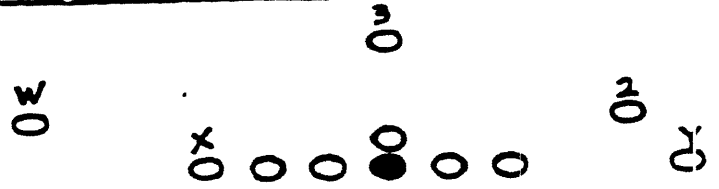
PINK I OVER LEFT



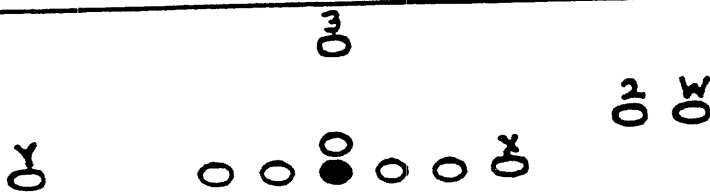
3 W'S PERSONNEL 311
(3 WR's/1 TE/1 BACK)



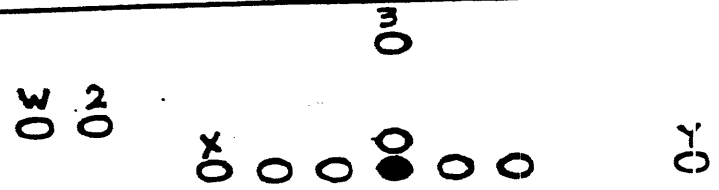
WHITE RIGHT



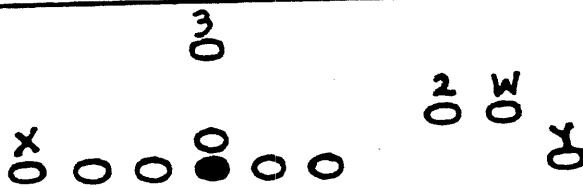
WHITE LEFT



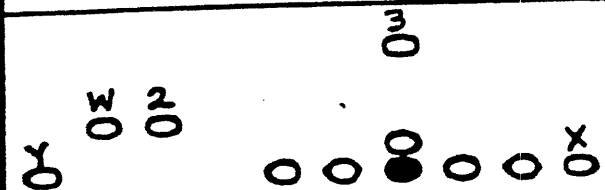
TWIN OPEN RIGHT



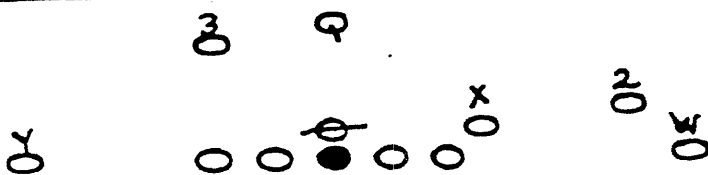
TWIN OPEN LEFT



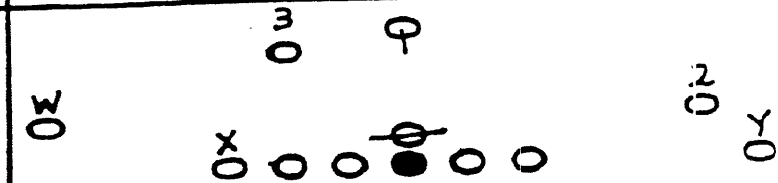
WHITE LEFT FLOP



WHITE RIGHT FLOP

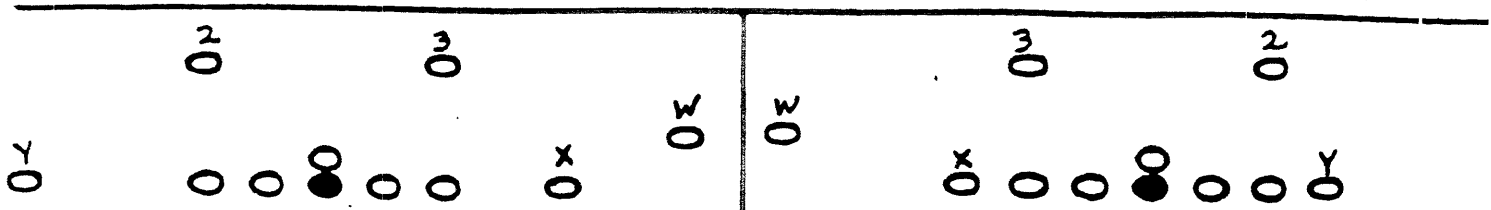


SPREAD TWIN OPEN RIGHT
X-OFF UNDER



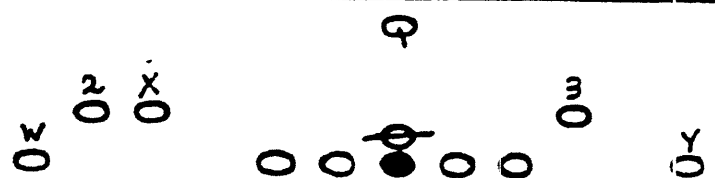
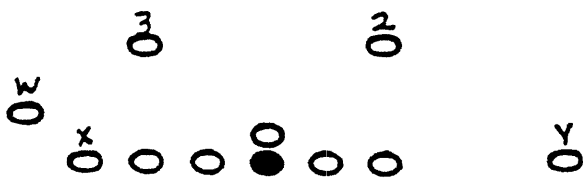
SPREAD WHITE LEFT OVER

REGULAR PERSONNEL 212



RED RIGHT X-OPEN

RED LEFT Y-CLOSE



RED LEFT W-CLOSE

SPREAD TWIN OPEN LEFT
UNDER X-OPEN 3 UP



REGULAR PERSONNEL 212

<p>3 2 O O O O O X W Y GREEN RIGHT</p>	<p>3 Y W X O O O O O 2 GREEN LEFT</p>
<p>3 2 Y O O O O X W WHITE RIGHT EXCHANGE</p>	<p>3 2 O (HB) O (FB) X O O O O Y RED LEFT SWITCH</p>
<p>3 Y O O O O X 2 W TWIN OPEN RIGHT X-OFF</p>	<p>3 2 X O O O O Y W TWIN OPEN LEFT X-OFF EXCHANGE UNDER</p>
<p>3 Y 2 O O O O O X W WHITE RIGHT OVER</p>	<p>3 4 Y O O O O X 2 W SPREAD TWIN OPEN RIGHT UNDER</p>

REGULAR PERSONNEL 212

Y O O O O O O² W

W O² X O O O O Y

TWIN RIGHT

TWIN LEFT

Y W O O O O O² X

O² X O O O O W Y

TWIN RIGHT FLOP

TWIN LEFT FLOP

Y O O O O O X O² W

W O² X O O O O Y

TWIN OPEN RIGHT

TWIN OPEN LEFT

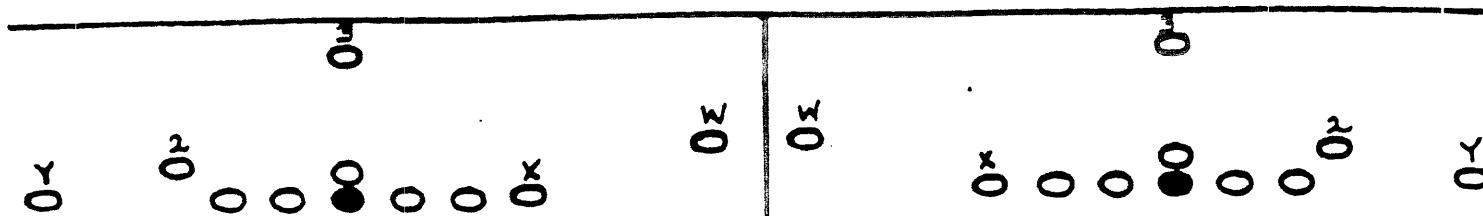
Y W O O O O O X O²

O² X O O O O W Y

TWIN OPEN RIGHT FLOP

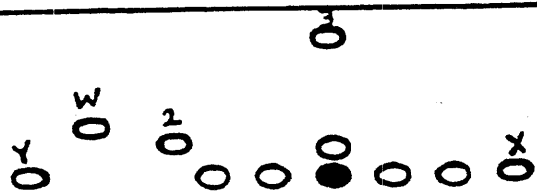
17 TWIN OPEN LEFT FLOP

REGULAR PERSONNEL 212



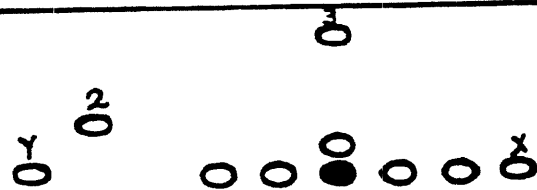
BROWN UP RIGHT

BROWN UP LEFT



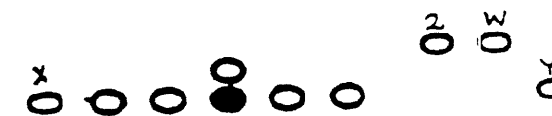
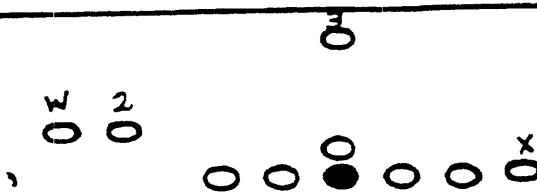
BROWN UP RIGHT FLOP

BROWN UP LEFT FLOP



WHITE RIGHT

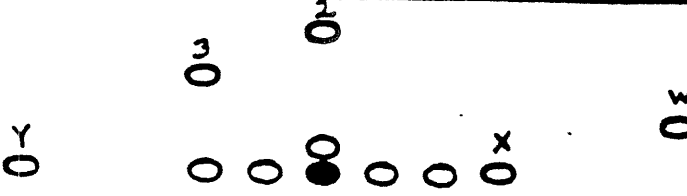
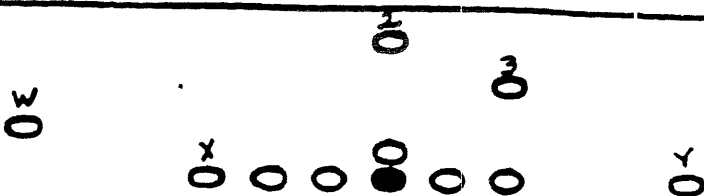
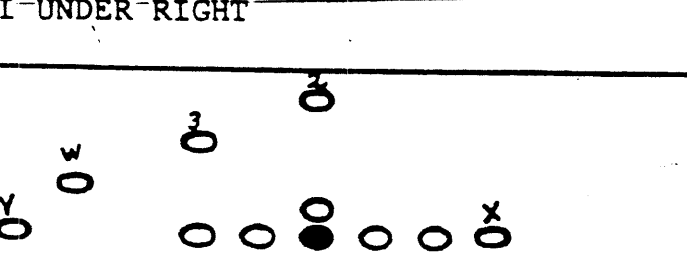
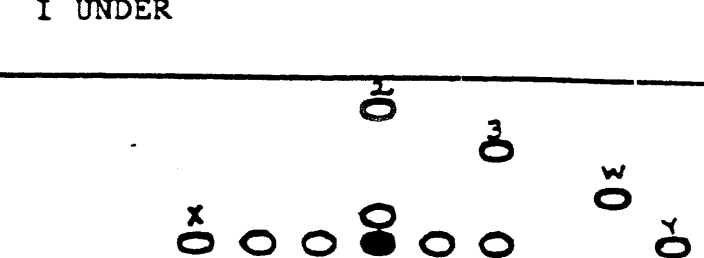
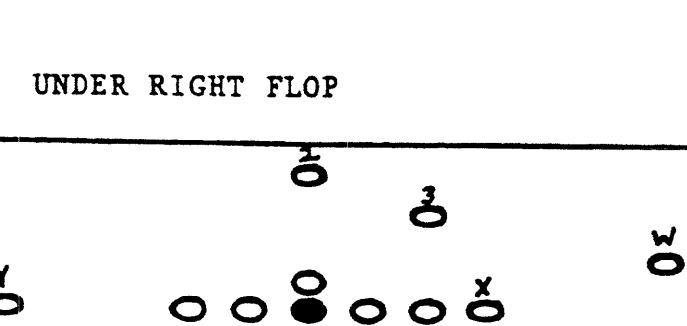
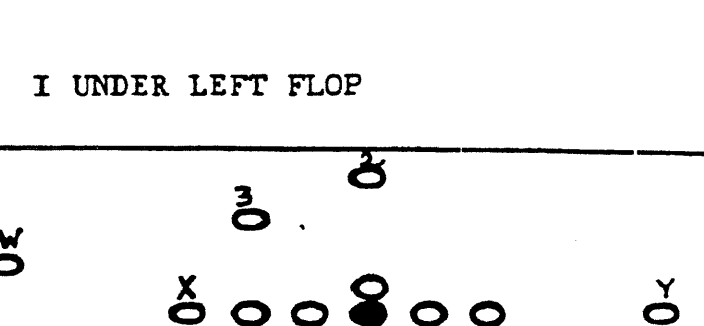
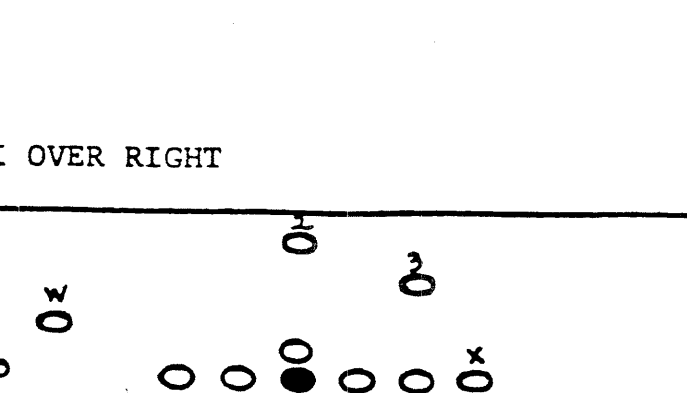
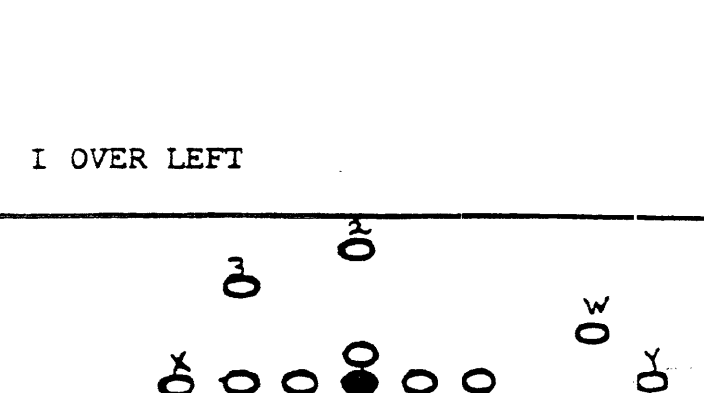
WHITE LEFT



WHITE RIGHT FLOP

WHITE LEFT FLOP

REGULAR PERSONNEL 212

 <p>I UNDER RIGHT</p>	 <p>I UNDER</p>
 <p>UNDER RIGHT FLOP</p>	 <p>I UNDER LEFT FLOP</p>
 <p>I OVER RIGHT</p>	 <p>I OVER LEFT</p>
 <p>I OVER RIGHT FLOP</p>	 <p>I OVER LEFT FLOP</p>

REGULAR PERSONNEL 212

<p>3 2</p> <p>Y O O O O X</p> <p>0z</p> <p>BLUE RIGHT</p>	<p>2 3</p> <p>X O O O O Y</p> <p>0w</p> <p>BLUE LEFT</p>
<p>3 2</p> <p>Y W O O O X</p> <p>BLUE RIGHT FLOP</p>	<p>2 3</p> <p>X O O O O Y</p> <p>0z</p> <p>BLUE LEFT FLOP</p>
<p>2 3</p> <p>Y O O O O X</p> <p>0w</p> <p>I RIGHT</p>	<p>2 3</p> <p>X O O O O Y</p> <p>0w</p> <p>I LEFT</p>
<p>2 3</p> <p>Y W O O O X</p> <p>I RIGHT FLOP</p>	<p>2 3</p> <p>X O O O O Y</p> <p>0z</p> <p>I LEFT FLOP</p>

REGULAR PERSONNEL 212
(2 WR's/1 TE/2 BACKS)

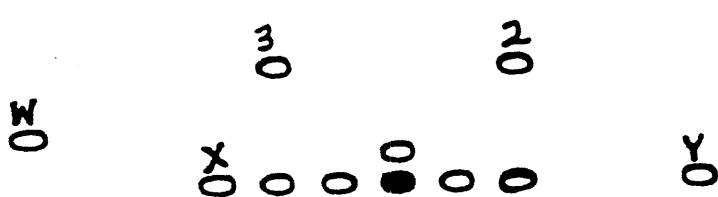
<p>2 3</p> <p>Y O O O O X</p> <p>RED RIGHT</p>	<p>3 2</p> <p>X O O O O Y</p> <p>RED LEFT</p>
<p>2 3</p> <p>Y W O O O X</p> <p>RED RIGHT FLOP</p>	<p>3 2</p> <p>X O O O O Y</p> <p>RED LEFT FLOP</p>
<p>2 3</p> <p>Y O O O O X</p> <p>BROWN RIGHT</p>	<p>3 2</p> <p>X O O O O Y</p> <p>BROWN LEFT</p>
<p>2 3</p> <p>Y W O O O X</p> <p>BROWN RIGHT FLOP</p>	<p>3 2</p> <p>X O O O O Y</p> <p>BROWN LEFT FLOP</p>

FORMATION DESIGNATION:

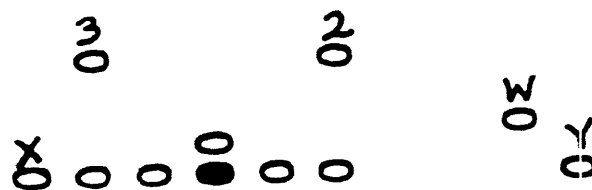
STRENGTH CALL:

The strength of the formation is set to the side of the tight end.

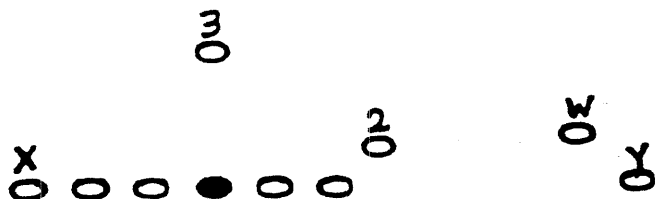
EXAMPLE:



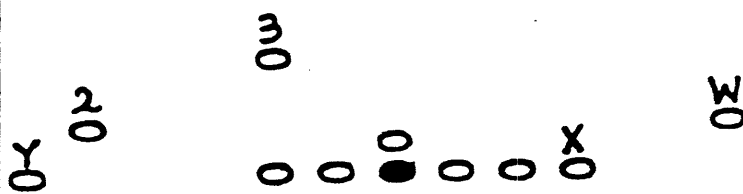
STRONG LEFT



STRONG LEFT



STRONG LEFT



STRONG RIGHT

FORMATION RECOGNITION

To play defense in this system, you must be able to recognize the various offensive formations. You must be completely familiar with the offensive positions in order to recognize the formation.

POSITION DESIGNATION:

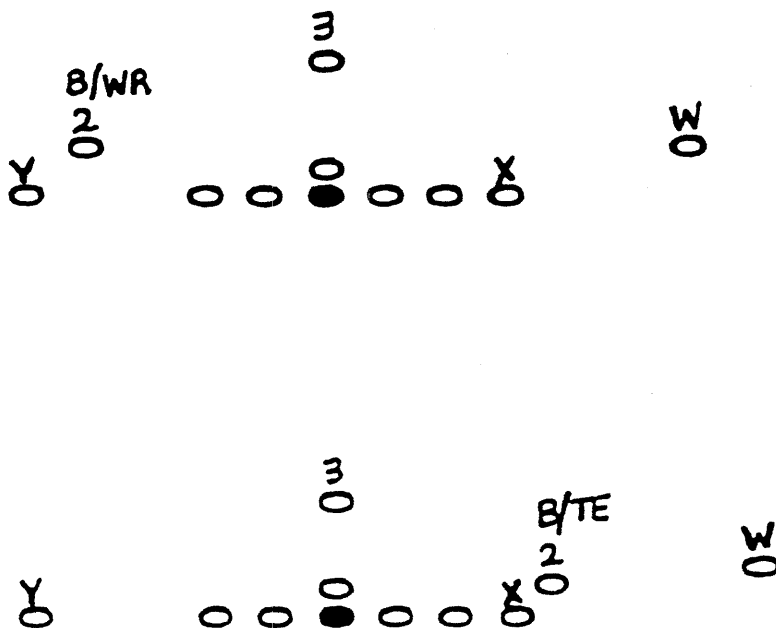
When there are two backs in the backfield, the fullback is the "3" back and the halfback is the "2" back. The tight end is "X", the split end on the weak-side is "Y", and the receiver off the line of scrimmage is "W" (Wing).

EXAMPLE:



When there is one back in the backfield, that back is always referred to as the "3" back. The other back, 2nd TE, or 3rd wide receiver is referred to as the "2".

EXAMPLE:



POSITION DESCRIPTIONS:

A. DEFENSIVE LINE

LON - LEFT END
LIN - LEFT TACKLE
RIC - RIGHT TACKLE
ROY - RIGHT END

*** OTHER DEFENSIVE LINE POSITIONS**

NOSE TACKLE - DEFENSIVE TACKLE lined up head-up with the offensive center in the 34 Defense.

WILL - RIGHT DEFENSIVE END lined up on the weak side in the 34 Defense.

B. LINEBACKERS

SAM - STRONG-SIDE LB'ER
MIKE - MIDDLE LB'ER
WILL - WEAK-SIDE LB'ER

*** OTHER LINEBACKER POSITIONS**

34 DEFENSE: SAM - LEFT LB'ER
MIKE - MIDDLE LB'ER
MO - RIGHT LB'ER

46 DEFENSE: JACK - LEFT LB'ER
CHARLEY - RIGHT LB'ER
MIKE - MIDDLE LB'ER

C. DEFENSIVE BACKS

LC - LEFT CORNER
S/S - STRONG SAFETY
W/S - WEAK SAFETY
RC - RIGHT CORNER

DEFENSIVE TERMINOLOGY

FORMATION RECOGNITION:

1. "X" - Refers to the primary TE or (if no TE in the game) refers to the player in the TE location.
2. "Y" - Refers to the widest receiver on the weak side (exception - green formation).
3. "W" - Refers to the widest receiver on the strong side in a pro formation, or the inside receiver in a flop formation.
4. "3" - Refers to the fullback in a two-back set, and the remaining back in the backfield in a one-back set.
5. "2" - Refers to the halfback in a two-back set, or the 2nd back when removed from a two-back set. Also, refers to the 2nd TE or 3rd WR in a one-back set.

MOVEMENT RECOGNITION:

1. DIVIDE - A term used to describe any movement in the direction away from the original TE position.
2. MOTION - A term used to describe any movement in the direction toward the original TE position.
3. SHORT DIVIDE - A term used to describe any movement in the direction away from the original TE position that "Breaks Off" short.
4. SHORT MOTION - A term used to describe any movement in the direction toward the original TE position that "Breaks Off" short.
5. DIVIDE/MOTION - A term used to describe any movement in the direction away from the original TE position and comes back in the direction toward the original TE position.
6. MOTION/DIVIDE - A term used to describe any movement in the direction toward the original TE position and comes back in the direction away from the original TE position.

DEFENSIVE GOALS

1. PRESSURE AND TURNOVERS

A. QB SACKS	56 - TOTAL FOR SEASON 3.5 - AVERAGE PER GAME
B. QB HITS	160 - TOTAL FOR SEASON 10 - AVERAGE PER GAME
C. QB HURRIES	160 - TOTAL FOR SEASON 10 - AVERAGE PER GAME
D. INTERCEPTIONS	28 - TOTAL FOR SEASON 1.75 - AVERAGE PER GAME
E. RECOVERED FUMBLES	24 - TOTAL FOR SEASON 1.5 - AVERAGE PER GAME
F. TOTAL TURNOVERS	52 - TOTAL FOR SEASON 3.25 - AVERAGE PER GAME
G. DEFENSIVE SCORES	8 - TOTAL FOR SEASON 0.5 - AVERAGE PER GAME

2. REDUCE OPPONENTS ABILITY TO CONTROL THE BALL

A. RUSHING YARDAGE PER ATTEMPT	- 3.0 YDS
B. PASSING YARDAGE PER ATTEMPT	- 5.5 YDS
C. 3RD DOWN CONVERSION PERCENTAGE	- 30.0%
D. 4TH DOWN CONVERSION PERCENTAGE	- 30.0%

3. LIMIT OPPONENTS OVERALL OFFENSE

A. YARDS GAINED PER GAME	- 260 YDS/PER GAME
B. POINTS GIVEN UP	- 224 TOTAL FOR SEASON 14 AVERAGE PER GAME

RULES FOR SUCCESSFUL DEFENSE

1. Know down and distance to go.
2. Know position on the field and what opponents do from here.
3. Know opponent's best personnel in position and what to expect.
4. Know defensive game plan that includes possession, short yardage, long yardage, and what they do.
5. Must keep our poise whether ahead or behind in the last two minutes either before the half or at the end of the game. We must know our available time-outs and what to do when they are used up. This will be gone over in detail.

2 MINUTES TO PLAY

The last two minutes of the second and fourth quarters are the four most important minutes of a ball game. Championship teams win games during these vital remaining seconds.

Time outs should be saved for this time. We may want to take the time outs rather than the offense, depending on field position and score. The defensive captain must keep this in mind and check with the bench as to what we want. A team that handles itself without confusion and frustration during this short period of time should prevent a score.

The ball carrier thinks in terms of getting as many yards as possible and then getting out of bounds. Defensively, we must prevent this. If the offense needs three points rather than a Touchdown, we must keep in mind that our play may change also.

TIMING SITUATIONS INVOLVING THE LAST TWO MINUTES OF EITHER HALF

1. Clock starts on the following:
 - a. Kickoff - when ball is legally touched.
 - b. Change of Possession--Referee's whistle if previous play remained inbounds.
2. Clock stops (and starts again on SNAP) on the following:
 - a. Two-minute warning.
 - b. Team timeout.
 - c. Incomplete pass (QB may legally stop clock by throwing ball out of bounds so long as he is not attempting to prevent a loss of yardage.
 - d. Runner goes out of bounds.
 - e. Penalty.
 - f. Obvious inability to hear team signals due to crowd noise.
3. Clock stops (and starts again on REFEREES' WHISTLE) on the following:
 - a. Change of possession.
 - b. QB, as an intended passer, is downed behind L.O.S. (Referee will allow a reasonable time for players to assemble.
 - c. Undue delay on pile-ups (official's judgment)
 - d. Measurement for first down.